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WALTER CAMP

For quarter of a century Mr. Walter Camp of Yale has occupied a leading position in college athletics. It is immaterial what organization is suggested for college athletics, or for the betterment of conditions, insofar as college athletics is concerned, Mr. Camp has always played an important part in its conferences, and the great interest in and high plane of college sport to-day, are undoubtedly due more to Mr. Camp than to any other individual. Mr. Camp has probably written more on college athletics than any other writer and the leading papers and magazines of America are always anxious to secure his expert opinion on foot ball, track and field athletics, base ball and rowing. Mr. Camp has grown up with Yale athletics and is a part of Yale's remarkable athletic system. While he has been designated as the "Father of Foot Ball," it is a well known fact that during his college career Mr. Camp was regarded as one of the best players that ever represented Yale on the base ball field, so when we hear of Walter Camp as a foot ball expert we must also remember his remarkable knowledge of the game of base ball, of which he is a great admirer. Mr. Camp has edited Spalding's Official Foot Ball Guide since it was first published, and also the Spalding Athletic Library book on How to Play Foot Ball. There is certainly no man in American college life better qualified to write for Spalding's Athletic Library than Mr. Camp.

DR. LUTHER HALSEY GULICK

The leading exponent of physical training in America; one who has worked hard to impress the value of physical training in the schools; when physical training was combined with education at the St. Louis Exposition in 1904 Dr. Gulick played an important part in that congress; he received several awards for his good work and had many honors conferred upon him; he is the author of a great many books on the subject; it was Dr. Gulick, who, acting on the suggestion of James E. Sullivan, organized the Public Schools Athletic League of Greater New York, and was its first Secretary; Dr. Gulick was also for several years Director of Physical Training in the public schools of Greater New York, resigning the position to assume the Presidency of the Playground Association of America. Dr. Gulick is an authority on all subjects pertaining to physical training and the study of the child.

JOHN B. FOSTER

Successor to the late Henry Chadwick ("Father of Base Ball") as editor of Spalding's Official Base Ball Guide; sporting editor of the New York Evening Telegram; has been in the newspaper business for many years and is recognized throughout America as a leading writer on the national game; a staunch supporter of organized base ball, his pen has always been used for the betterment of the game.

TIM MURNANE

Base Ball editor of the Boston Globe and President of the New England League of Base Ball Clubs; one of the best known base ball men of the country; known from coast to coast; is a keen follower of the game and prominent in all its councils; nearly half a century ago was one of America's foremost players; knows the game thoroughly and writes from the point of view both of player and an official.

HARRY PHILIP BURCHELL

Sporting editor of the New York Times; graduate of the University of Pennsylvania; editor of Spalding's Official Lawn Tennis Annual; is an authority on the game; follows the movements of the players minutely and understands not only tennis but all other subjects that can be classed as athletics; no one is better qualified to edit this book than Mr. Burchell.

GEORGE T. HEPBRON

Former Young Men's Christian Association director; for many years an official of the Athletic League of Young Men's Christian Associations of North America; was connected with Dr. Luther H. Gulick in Young Men's Christian Association work for over twelve years; became identified with basket ball when it was in its infancy and has followed it since, being recognized as the leading exponent of the official rules; succeeded Dr. Gulick as editor of the Official Basket Ball Guide and also editor of the Spalding Athletic Library book on How to Play Basket Ball.

JAMES S. MITCHEL

Former champion weight thrower; holder of numerous records, and is the winner of more championships than any other individual in the history of sport; Mr. Mitchel is a close student of athletics and well qualified to write upon any topic connected with athletic sport; has been for years on the staff of the New York Sun.

MICHAEL C. MURPHY

The world's most famous athletic trainer; the champion athletes that he has developed for track and field sports, foot ball and base ball fields, would run into thousands; he became famous when at Yale University and has been particularly successful in developing what might be termed championship teams; his rare good judgment has placed him in an enviable position in the athletic world; now with the University of Pennsylvania; during his career has trained only at two colleges and one athletic club, Yale and the University of Pennsylvania and Detroit Athletic Club; his most recent triumph was that of training the famous American team of athletes that swept the field at the Olympic Games of 1908 at London.

DR. C. WARD CRAMPTON

Succeeded Dr. Gulick as director of physical training in the schools of Greater New York: as secretary of the Public Schools Athletic League is at the head of the most remarkable organization of its kind in the world; is a practical athlete and gymnast himself, and has been for years connected with the physical training system in the schools of Greater New York, having had charge of the High School of Commerce.

DR. GEORGE J. FISHER

Has been connected with Y. M. C. A. work for many years as physical director at Cincinnati and Brooklyn, where he made such a high reputation as organizer that he was chosen to succeed Dr. Luther H. Gulick as Secretary of the Athletic League of Y. M. C. A.'s of North America, when the latter resigned to take charge of the physical training in the Public Schools of Greater New York.

DR. GEORGE ORTON

On athletics, college athletics, particularly track and field, foot ball, soccer foot ball. and training of the youth, it would be hard to find one better qualified than Dr. Orton; has had the necessary athletic experience and the ability to impart that experience intelligently to the youth of the land; for years was the American, British and Canadian champion runner.

FREDERICK R. TOOMBS

A well known authority on skating, rowing, boxing, racquets, and other athletic sports; was sporting editor of American Press Association, New York; dramatic editor; is a lawyer and has served several terms as a member of Assembly of the Legislature of the State of New York; has written several novels and historical works.

R. L. WELCH

A resident of Chicago; the popularity of indoor base ball is chiefly due to his efforts; a player himself of no mean ability; a first-class organizer; he has followed the game of indoor base ball from its inception.

DR. HENRY S. ANDERSON

Has been connected with Yale University for years and is a recognized authority on gymnastics; is admitted to be one of the leading authorities in America on gymnastic subjects; is the author of many books on physical training.

CHARLES M. DANIELS

Just the man to write an authoritative book on swimming; the fastest swimmer the world has ever known; member New York Athletic Club swimming team and an Olympic champion at Athens in 1906 and London, 1908. In his book on Swimming, Champion Daniels describes just the methods one must use to become an expert swimmer.

GUSTAVE BOJUS

Mr. Bojus is most thoroughly qualified to write intelligently on all subjects pertaining to gymnastics and athletics; in his day one of America's most famous amateur athletes; has competed successfully in gymnastics and many other sports for the New York Turn Verein; for twenty years he has been prominent in teaching gymnastics and athletics; was responsible for the famous gymnastic championship teams of Columbia University; now with the Jersey City high schools.

CHARLES JACOBUS

Admitted to be the "Father of Roque;" one of America's most expert players, winning the Olympic Championship at St. Louis in 1904; an ardent supporter of the game and follows it minutely, and much of the success of roque is due to his untiring efforts; certainly there is no one better qualified to write on this subject than Mr. Jacobus.

DR. E. B. WARMAN

Well known as a physical training expert; was probably one of the first to enter the field and is the author of many books on the subject; lectures extensively each year all over the country.

W. J. CROMIE

Now with the University of Pennsylvania; was formerly a Y. M. C. A. physical director; a keen student of all gymnastic matters; the author of many books on subjects pertaining to physical training.

G. M. MARTIN

By profession a physical director of the Young Men's Christian Association; a close student of all things gymnastic, and games for the classes in the gymnasium or clubs.

PROF. SENAC

A leader in the fencing world; has maintained a fencing school in New York for years and developed a great many champions; understands the science of fencing thoroughly and the benefits to be derived therefrom.

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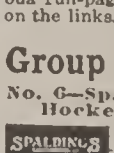

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JAMES E. SULLIVAN,
President of the Amateur Athletic Union of the United States.

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Marathon Running

BY

JAMES E. SULLIVAN

Origin of Marathon Running; How Leading Runners Train; Hints for Novices; How to Conduct a Marathon Race; Rules; Records of Leading Marathon Races

Illustrated with Pictures of Leading Marathon Runners and Scenes in Olympic Marathons

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PREFACE

There has been aroused so much interest in Marathon racing that the publishers feel that a booklet which would be a guide to those who contemplate taking part in Marathon races is absolutely necessary. The reason for this great interest in Marathon racing can be attributed to the Marathon race which was held in London in conjunction with the Olympic Games of 1908. Interest became centered in that particular race, owing to the sensational finish, and incidents connected therewith have aroused not only the American public, but the sport-loving public of all other nations.

The fact that during the Olympic Games other phenomenal performances took place, and records created in other events seemed to have been lost sight of entirely and overshadowed by the finish of that now remarkable race. The result is that in America the people seem to have been afflicted with the Marathon mania, and professional promoters, keen to feel the pulse of the American people, and thinking of the box office, worked up quite successfully the Marathon craze, and made it to a certain extent of great financial value, with the result that many of the amateurs who competed successfully in the Marathon race at London became professionals.

The craze for Marathon racing has induced amateur promoters to hold numerous Marathon races, and no doubt Marathon running will be popular for years to come. In America Marathon racing is appreciated, because it will have a tendency to develop distance runners.

In the past we have neglected long-distance running and have specialized on sprinting and middle-distance running. Numerous Marathons will have a tendency to strengthen the claim that America has and will produce the greatest long-distance runners in the world.

This booklet contains a history of Marathon racing and hints on training that will prove of great value to the athlete who intends to take up this form of athletic activity. The editor has consulted the world's most famous runners, managers and trainers, with the result that information is given here that has never before been compiled or published in one book.

OLYMPIC GAMES, LONDON, 1908.

Finish of the Marathon Race, showing Dorando being assisted by J. M. Andrews, Clerk of the Course of the Marathon Race. Dorando was disqualified for having been assisted. Copyright. Photo by Topical, London.

HISTORICAL SKETCH

Marathon was a plain on the northeast coast of Attica, containing four villages—Marathon, Probalinthos, Tricorythos, and Oinoe, which formed a tetrapolis (city containing four towns). It was divided from the plain of Athens by Mt. Pentelicus and the hilly district of Diacria, and was in the early period an autonomous state. After it became incorporated in the Attica state, it retained something of its original distinctive character. The worship of Apollo had its first home in Attica here, and it was carried thence to Athens when the tetrapolis was made part of the Athenian commonwealth. The district was one of the chief seats of the worship of Hercules, and boasted that it was the first place where he had been worshipped as a god. Hence, legend localized here several events in the story of Heraclidæ (descendants of Hercules), and especially the self-sacrific of Macaria, daughter of Hercules. The legend of Theseus was also known in the district; here the hero slew the Marathonian bull. The plain derived its fame chiefly from the battle in which the Athenians and Platæans under Miltiades defeated the Persians 490 B.C.

An army of 9,000 or 10,000 Athenians and 1,000 Platæans entirely defeated and drove back to their ships a Persian army of over 100,000 men. The Greeks were commanded by Miltiades, the Persians by Datis and Artaphernes, the latter being a nephew of King Darius, who had sent this great host for the conquest of Greece. The battle has always been considered one of the decisive events of history, checking as it did for many years the aggressive policy of Persia toward Greece. It was the more important because there was reason to believe that some of the Greek tribes were ready to welcome the invaders. Miltiades buried 192 of his men upon the field, where a vast tumulus was afterward reared in their honor; the Persian dead were 6,400. The City of Athens awaited the outcome in feverish excitement, and the story is told that a soldier whose name is unknown ran the whole distance from the battle-field to the city to bear the news of the victory, falling dead from fatigue as the message left his lips.

Herodotus does not mention this story, but the French historian Duruy points out that Herodotus omitted many incidents that have been of common knowledge, handed down from generation to generation. The Grecian government accepts its truth and in 1896 established the Marathon Race over the old road on which the nameless hero ran, to perpetuate the world's admiration of his self-sacrificing deed.

OLYMPIC GAMES, LONDON, 1908.
John J. Hayes finishing in the Marathon Race.
Photo by the Sport and General Illustrations Co., London.

TRAINING FOR MARATHON RACING

BY JAMES E. SULLIVAN

Now that we are enjoying in America what might be termed a boom in distance running, notably Marathon races, which consists in running forty kilometers (24.85 miles) on the road, it is apparent that, in view of the large number who take part in races of this kind, some advice should be given that will prove beneficial, and the editor of this book has consulted the leading authorities on the subject, with the result that if the advice given herein is followed out much benefit will be derived therefrom.

AGE.

Unless the promoters and governing bodies are very careful in relation to the age limit for those allowed to start in Marathon races the result will be far from beneficial. A young man should not take part in or train for a Marathon race unless he is at least nineteen years old, and it would be much better to wait until you have reached your twentieth birthday before taking part in one of these races, or train for such a race. The system will then be able to stand the necessary strain that goes with a race of this kind, a strain that must be undergone if you desire to be in proper physical condition to finish the race. The pitiful sights witnessed in many of the Marathon races of late, where young men have been allowed to start and compete, are not examples of what we must do if we are to prove the benefits to be derived from distance running. There is no place in a Marathon race for a boy who is not mature. Promoters should absolutely insist on an age limit of at least nineteen years.

WORK.

To obtain the best result in a Marathon race one must of necessity prepare himself thoroughly for the same. Because a man can run two, five or ten miles does not mean that he can run a Marathon race, except in exceptional cases. Some men have the natural strength, running ability and form necessary to carry them through a long grind such as the Marathon race, but, nevertheless, any one who enters a Marathon race without having proper preparation is most assuredly injuring his constitution. Preliminary work for months is necessary, and practice runs—long distance—very essential. There is nothing like

OLYMPIC GAMES, LONDON, 1908.
Marathon winner, John J. Hayes.
Photo by the Sport and General Illustrations Co., London.

practice. One who is thinking of entering a Marathon race should begin work for that particular race from two to three months in advance, admitting that he is a tried athlete who has been competing in distance runs for some time.

The work is of a very trying nature, but preparation is very essential. Distance walking is one of the best forms of preparing for distance races; alternate daily, running one day and walking the next. The athlete should commence with three, four or five miles at first, and keep on until he is able to walk fifteen or twenty miles without becoming fatigued; this distance should be gradually led up to; commence at three, four, five, or six miles and increase the distance daily, if you feel capable; it keeps one outdoors and is beneficial, strengthening and healthy.

In running it is very important that one gradually lead up to the Marathon distance; a runner in good health and condition could easily jog five or six miles three times a week without any apparent effort, and after he has convinced himself that he can go five or ten miles without fatigue he should make it a point to compete in all the cross-country runs, either club runs or in competition, and go the distance. In practice, it is immaterial when or where, never extend yourself, never go the full distance at top speed; it is unnecessary these days; there is so much competition that a man can know just what his capacity is and his strength by trying himself out in open competition.

Many of our present day five and ten-mile champions have failed at Marathon running because they have not prepared themselves for it. They seem to think that because they can run ten miles they can run twenty-five; it is an entirely different proposition and cannot be accomplished unless a man has almost run the entire distance and has covered at least twenty-five miles several times before his race.

C. G. Wood, quarter-mile champion of England in 1886 and 1887, was asked to write an article on how he trained. He wrote two lines, as follows: "Care must be taken not to compete untrained. Hard work and early hours made me fittest." The same two lines can be written of almost every champion, it is immaterial in what sport you desire to investigate. No man should compete untrained. A great deal of the present-day trouble that is attributed to the so-called injuries in competition is caused by the trainers, friends and club mates allowing a man to enter a race when he is not physically fit. No man who is physically unfit should be foolish enough to enter a race and compete. If a man is fit he can compete without the slighest danger of injury to himself. It is the man who is out

HAYES IN ACTION.
A well developed picture of the famous Olympic Marathon winner.

of condition, who is not just right, who will injure himself for after life by taking part in keen competition. Mr. Wood has in two words expressed it—"Hard work." It is immaterial what line of athletics you may enter, it is hard work, and the best results can only be accomplished by hard work. The main thing is to keep yourself in such condition that you are as hard as the proverbial nails, and that can only be accomplished by plenty of preliminary work; do all your exercising outdoors, if possible; if you can't exercise outdoors exercise in your room. Exercise of any kind will prove beneficial as long as the object is to build up your frame so as to stand the strain of a hard race. Setting-up exercises at home, particularly on days when you can't go out, either before breakfast or before retiring, strengthens a man's muscles and makes it possible for him to compete successfully. Have your room well ventilated.

One of the best books ever written on the subject of athletic training is that by W. G. George, the world's most remarkable and famous runner, and therein he extols his famous setting-up exercises, as he calls them, and it is with pleasure that they are reproduced here for the benefit of those in America who have not had the pleasure of reading Mr. George's book.

"100 UP" EXERCISE—A SPECIAL HOME TRAINING

"Now I come to the part of my system of training which I consider had more to do with my success in competition than anything else. I am equally confident that when training for health's sake or for the prevention of breakdowns, there is no better exercise than this which I have christened '100 up.' Some of the advantages of this splendid exercise briefly are these: The short time and the little space required for its practice; it brings into play the entire muscular system; the heart and lungs are reasonably exercised; the reduction of adipose tissue, especially that designated fatty inside; the particular strengthening of the muscles of the back and abdomen; the non-necessity of stripping (although it is better to do so when time permits), and the fact that any shoes or boots and even stockinged feet will serve. The '100 up' can be practiced on any ground floor, the space required being not more than six feet square.

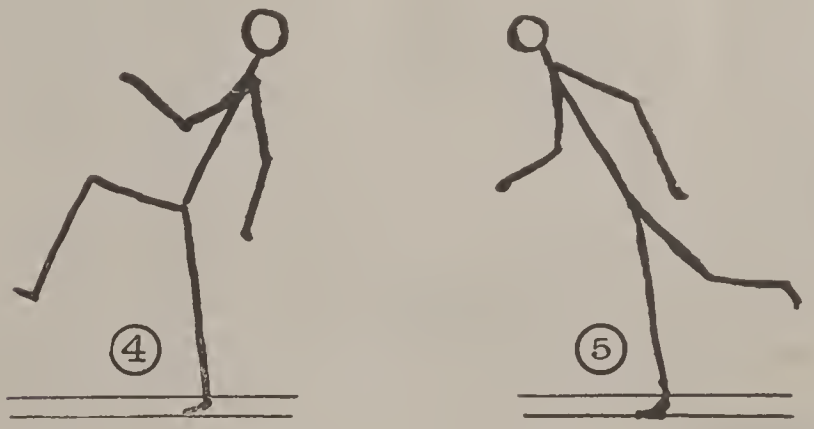
"A.—Preliminary practice for preparing the leg muscles for the more severe strain required of them for the '100 up' exercise.

"Draw two parallel lines on the ground, eighteen inches long and eight inches apart. Place one foot on the middle of each line. Stand flat-footed, the feet lying perfectly straight on the lines. The arms should be held naturally, loosely and nearly

JOHN J. HAYES,
Winner of the Olympic Marathon, 1908, on the road with handler.

straight, with a slight forward inclination, the body being upright and straight (Plate No. 1). Now raise one knee the height of the hip (Plate No. 2)—that is precisely the same way as in walking, only the knee action is higher, and brings the foot back and down again to its original position, touching the line lightly with the ball of the foot; repeat the raising and lowering

of the leg ten to thirty times, and repeat with the other leg. Practically, this amounts to balancing the body on one leg while exercising with the other. Care must be taken that the knee comes to the level of the hip every time. This may not be found easy at first, but practice will soon bring about the desired result. Great attention must be paid to keeping the body



upright and the legs and feet quite straight while exercising. Practice slowly until the necessary balance is acquired and the exercise accomplished with ease. Otherwise the '100 up' will be found unsatisfactory. Having thoroughly mastered the correct form, the student may turn his attention to—

OLYMPIC GAMES, LONDON, 1908.

American starters in the Marathon Race—1, John J. Hayes; 2, M. Ryan; 3, T. Morrissey; 4, L. Tewanina; 5, Joseph Forshaw; 6, R. Welton.

Bushnell, Photo.

"B.—The major or '100 up' exercise.

"Before giving particulars, I should like again to impress the necessity of maintaining form in every practice. My advice is, directly the correct form is lost, stop. Beginners should start the major exercise slowly and on no account strain or overexert themselves. Nearly all breakdowns and failures are the result of hurried and injudicious training, or fast work while the system is unprepared for it. On the other hand, slow, well considered, steady practice, rarely, I might also say never, is injurious; while breakdowns are practically unknown among those who start their training slowly, gradually increasing distance, time or pace as the heart, lungs and muscles grow accustomed to the strain which is put upon them.

"Prepare lines as for the preliminary practice. Stand on them as before, except that the body must be balanced on the ball of the foot, the heels being clear of the ground, the head and body being tilted very slightly forward, and the hands down by the side. Now spring from the toe, bringing the knee to the level of the hip (Plate No. 3) as in the slower exercise—letting the foot fall back to its original position; repeat with the other leg, and continue raising and lowering the legs alternately. This action is exactly that of running, except that instead of the legs moving forward, the foot drops into its original position on the ground.

"The main point is, Correct Action. The knees must be brought at each stride up to the level of the hip, while, as the knee comes down, the foot should not be carried further backwards than level with the back. When the knee is brought higher than the hip, the body is thrown out of its perpendicular backwards (Plate No. 4); when the foot is thrown out behind further than level with the back, the body is correspondingly forced forward (Plate No. 5). Either is a hindrance to form and pace—the two objects striven for by those who train, whether for health or competition. All such will, undoubtedly, derive more benefit from doing their practice correctly than the reverse. While doing the '100 up' use the arms as in running—*i. e.*, hold them almost at full length and swing them half way across the chest, forward and backward a few inches behind the back as each stride is taken. A good practice is to stand still on the lines and use the arms as in running, putting plenty of force into the work, so as to loosen the muscles of the shoulders, and make the upper part of the frame active and pliable, in order that it may act in perfect union with the legs when the '100 up' is performed.

"I advise nobody to attempt more than twenty up at the start,

JOE FORSHAW,
The famous St. Louis Marathon runner who came in third at London.
Photo taken in Olympic Marathon, London, 1908.

ten for each leg. Very few can manage even so many in form at the outset; but practice makes a world of difference, and once the twenty has been accurately accomplished the number may be steadily increased. Let me warn you, however, against a too rapid progress. This may result in a strain, or what is ever more likely, a loss of correct form. The knees will not be parallel to the straight line or the body will be dragged forward. Do not expect to get true action in a moment. Probably the first few attempts will be disappointments: Be not, however, discouraged. Keep steadily on, and the correct action will come sure enough. Once proficient in that you can work gradually to the '100 up,' and by judicious variation of pace and number, according to the distance of the race you desire to compete in, you will get as fit as you can possibly desire.

"Finally, '100 up' stands unrivalled as an aid to training for walking, running, cycling, rowing, boxing, foot ball and cricket, and, in fact, every kind of sport; while for general health's sake it is absolutely the best."

SLEEP.

There is nothing so important to an athlete training for a Marathon race, or to anyone taking part in athletics for pleasure, as a good night's rest. "Early hours made me fittest"—one of the reasons that Sprinter Woods assigns for his success. The young lad, or the old lad who is shining in the athletic world and who thinks that because he has a nice physique and a strong constitution he can get along with five or six hours' sleep is making a serious mistake. He cannot do it and would be better out of athletics. It is well enough to snatch a few hours' sleep here and there for pleasure, but when in training it is the most essential part of a man's work, early to bed and early to rise. Sleep is all-important.

DIET.

In the olden days the professional trainer of the six-day pedestrian type used severe methods of weight reducing; an athlete was not permitted to eat what he liked. Some foods have one effect, others have just the opposite, with the result that an athlete is worn to a thread between no eating and drinking, physicing and hard work. Thanks to men like M. C. Murphy, E. J. Giannini, Keene Fitzpatrick, J. C. Moakley, J. Mack, George Goldie and the younger generation of trainers, all that has been eliminated, and to-day athletes use common sense and eat whatever they want. The idea of having the folks at home prepare special dishes because they are good when training has been exploded and means nothing. It is merely a brain annoyer to the athlete

OLYMPIC GAMES, LONDON, 1908.

John J. Hayes, winner of the Marathon Race, after having received his trophy.

who is compelled to pick this or that, and particularly to the athlete who is training to be a Marathon runner. Running every day, sweating and losing weight, will soon have a man worn to bits if he does not take proper nourishment; do not drink too much, but drink what you want, eat what you want; go on the theory that what you eat and drink is to be worked off and made into muscle and sinew. Stimulants of all kinds should be avoided; tobacco should never be touched. We have heard of some famous athletes who occasionally smoke; they figure it does not hurt them. They are fairly good performers and some are even champions; perhaps it does not hurt them because they don't smoke or drink to excess, but it is a well-known fact that they would perform much better if they neither smoked nor drank. In many cases it is an act of bravado on the part of some that I know. A champion or prominent athlete who advises one to take stimulants or alcoholic liquor of any kind or use tobacco in any form is absolutely the worst enemy an athlete can have. Alcoholic liquors are of no benefit; they cannot help you and later on will harm you. Go on the theory that if certain athletes smoke and drink they would perform much better if they never smoked nor drank at all. The subject of eating is to-day a broad one. Of course, I don't mean that one who is training should eat salt meats, pastry or starchy foods, for they are not the kind of things that will help to build up bone and sinew, but eat good wholesome food and plenty of it.

PACE.

Going on the supposition that when a man enters a Marathon race he knows perfectly well just what his capabilities are, he should by all means thoroughly master the question of pace and style. There is no reason why a man should not prepare his schedule in advance; knowing his own capabilities he should go according to a schedule, the first five miles to be done in such a time, ten miles in so much time, fifteen, twenty and twenty-five miles in just so much time. In that way his advisor on the bicycle can keep him posted, and he will not run his head off in the early part of the race. The lack of attention to proper pace has caused several of the prominent Marathon runners to lose not only the race, but perhaps a good position at the finish. Of course the average runner, if he is young at the game, knows very little about pace; he has not as yet arrived at the stage where he can use his head; this has been proved in practically all of the races in America of late; many of those entered have not the slightest conception of what condition they should be in for a race of this kind.

20, Thomas J. Hicks, Y.M.C.A.; 31, Fred Sorg, Mohawk A.C., Greece; 39, S. H. Hatch, Chicago A.C.; 3, Felix Carvajal, Cuba; 6, Christos D. Zehouritis, Greece; 7, Albert L. Corey, Chicago A.C.; 9, Frank Pierce, Indian; 10, S. A. Mellor; 11, Edward P. Carr, Xavier A.A.; 12, A. L. Newton, N.Y.A.C., New York.

START OF MARATHON RACE, OLYMPIC GAMES, ST. LOUIS, 1904.

To begin with, I feel firmly convinced that as far as Marathon racing is concerned, America, as represented by the United States and Canada, is years ahead of other countries, insofar as knowing what to do in a Marathon race and how to train for it. In the Marathon race held in conjunction with the Olympic Games at London the foreigners did not show the headwork that was displayed by the United States entrants, and the showing made by the United States Marathon team has been the cause of favorable comments throughout the world wherever Marathon racing is discussed. The American entrants finished as follows: Hayes, first; Forshaw, third; Welton, fourth; Tewanina, ninth; Hatch, fourteenth. Thus it will be seen that five men from the United States finished inside the first fifteen, and three men out of the first four were from the United States. This splendid showing can be attributed to their condition and headwork. They were all of them experienced in Marathon races, with the exception of Tewanina, and they were not led astray by the fast pace of the foreigners in the early part of the race. We publish herewith the position of the leaders at various stages of the race; this is taken from the Olympic Book published by *Sporting Life*, London, England.

FOUR MILES.

	H.	M.	S.		H.	M.	S.
T. Jack	0	21	18	A. Duncan	0	21	27
J. Price	0	21	27	C. Hefferon	0	21	27
F. Lord	0	21	27	Dorando	0	21	27

FIVE MILES.

T. Jack	0	27	1	A. Duncan	0	27	7
J. Price	0	27	7	C. Hefferon	0	27	7
F. Lord	0	27	7	Dorando	0	27	7

SIX MILES.

F. Lord	0	33	9	Dorando	0	33	15
J. Price	0	33	9				

SEVEN MILES.

F. Lord	0	38	57	Dorando	0	39	0
J. Price	0	38	57	C. Hefferon	0	39	10

EIGHT MILES.

F. Lord	0	44	52	Dorando	0	44	55
J. Price	0	44	52	C. Hefferon	0	44	58

NINE MILES.

F. Lord	0	50	50	C. Hefferon	0	51	6
J. Price	0	50	50	Dorando	0	51	9

TEN MILES.

J. Price	0	56	53	C. Hefferon	0	57	12
F. Lord	0	56	55	Dorando	0	57	13

ELEVEN MILES.

J. Price	1	2	44	C. Hefferon	1	3	15
F. Lord	1	3	10	Dorando	1	3	49

THE OLYMPIC MARATHON, ST. LOUIS, 1904.

TWELVE MILES.

	H.	M.	S.		H.	M.	S.
J. Price	1	8	56	F. Lord	1	9	43
C. Hefferon	1	9	25	Dorando	1	10	29

THIRTEEN MILES.

J. Price	1	15	13	F. Lord	1	15	20
C. Hefferon	1	15	54	Dorando.			

FOURTEEN MILES.

J. Price	1	22	3	F. Lord	1	23	20
C. Hefferon	1	22	10	Dorando.			

FIFTEEN MILES.

C. Hefferon	1	28	22	Dorando	1	30	28
F. Lord	1	30	22	T. Longboat	1	30	39

SIXTEEN MILES.

C. Hefferon	1	35	0	Dorando	1	37	34
T. Longboat	1	37	29				

SEVENTEEN MILES.

C. Hefferon	1	41	47	Dorando	1	44	45
T. Longboat (walking)	1	44	43				

EIGHTEEN MILES.

C. Hefferon	1	48	51	Dorando	1	52	9

NINETEEN MILES.

C. Hefferon	1	55	29	Dorando	1	59	0

TWENTY MILES.

C. Hefferon	2	2	26	Dorando	2	6	18

TWENTY-ONE MILES.

C. Hefferon	2	8	58	Dorando	2	12	7

TWENTY-TWO MILES.

C. Hefferon	2	17	20	Dorando	2	20	7

TWENTY-THREE MILES.

C. Hefferon	2	25	20	Dorando			

TWENTY-FOUR MILES.

C. Hefferon	2	33	28	Dorando			

In connection with the positions of the leaders, as given in the foregoing table, it is too bad that the editor of *Sporting Life* did not place John J. Hayes' name where it properly belonged in the latter part of the race. Why he was omitted no one knows, for after the eighteenth mile no attention seemed to have been paid to third, fourth or fifth men. This schedule is merely published for a guide to show the aspirant for Marathon honors that it does not always pay to follow a fast pace. Take the first four miles; Dorando sixth. He should not have been sixth if he wanted to finish the race, and finish in good condition. He and Hefferon should have been away back instead of going at a terrible clip in the early part of the race and sticking with the

J. F. CROWLEY

Winning the Yonkers Marathon. Taken at the finish. Good form.

best middle-distance runners of England. Hefferon did the first ten miles in 57 minutes 12 seconds. Dorando's time for ten miles was 57 minutes 13 seconds; this is pretty fast going for the first ten miles of a Marathon race; too fast in fact. There is no doubt that the fast pace set by the English runners and followed by Hefferon and Dorando killed them off when it came to the last dash for the tape.

On the other hand the entries from the United States went through the long Marathon race without paying the slightest attention to those who showed a desire to make new records in the early part of the race. The result is they were all well placed and finished in good condition, whereas the crack distance runners of Great Britain were outclassed, the first man home being W. T. Clarke, who finished twelfth. There is no question whatever but that Hayes' headwork in this particular race won him the Marathon trophy. He knew exactly what he was doing; he ran his own race and paid no attention to the other contestants; he did practically all his running in the latter part of the race. This is true of Hayes in nearly all his fixtures in America that he won or performed well in; he reserves his strength, regulates his pace accordingly, and finished all his races in comparatively good condition. He followed this policy in his Yonkers Marathon and London Marathon; that he finished all his races in good shape is due entirely to the fact that he took good care of himself, trained properly, ate the right kind of food, did the necessary work, and kept himself in good condition, for he knew what it meant to go twenty-five miles. Besides being in good condition to run, his judgment during the race is to be highly commended. He did not run his head off during the early part of the race; he was not misled by the fast pace, but took it easy and finished the last part of the race strong.

Again, take Tewanina in the Yonkers Marathon race; he looked all over a winner for seventeen miles, but he had no more idea of pace than a novice, and he collapsed before the finish and could not get better than fourth place. In the *Journal* Marathon race, from Rye to New York, Crowley would have given Maloney, the winner, a much better race had he followed out the same policy he did at Yonkers on Thanksgiving Day. In the Yonkers Marathon he let the field go away from him in the early part of the race and he came like a whirlwind in the last five miles. In the *Journal* Marathon it was just the reverse; he was with the leaders practically all the way, but could not hold Maloney. In the Garden Marathon, which Maloney won, Mellor threw away his chances of coming home in a prominent position by a ridiculous pace in the early part of the race;

JAMES CLARK,
Winner of the Brooklyn-Sea Gate (Coney Island) Marathon Race, February 12, 1909.

he ran more like a novice than a veteran. The same thing is true of the great Shrubb, the most remarkable runner in the world. Style—perfect; a man that is recognized all over the world for his records; he is the greatest distance runner we have ever seen or heard of. Some say he has not the physique for a long, tiring grind, but I certainly think he would have had the stamina to come home in that race with Longboat had he used the headwork for which he is noted; although it is poor judgment to criticize a man of Shrubb's remarkable powers and remarkable ability on the question of what is pace, yet I feel firmly convinced that had Mr. Shrubb not cut out such a hot pace the early part of the race he could have gained laps on Longboat just as easily in the last part of the race as he did at first. Some claim that a Marathon race is too far for Shrubb. I do not think so. I think that had he used better judgment in the early part of the race he would have been able to finish instead of quitting in the twenty-fifth mile. Shrubb has a style that is all his own; you can look at it; trainers can watch him, but it will be a hard thing to initiate a youngster in Shrubb's style; he is the most perfect piece of running machinery that has ever been seen; he goes along with a style that is graceful; he makes no apparent effort; he does not throw his legs up behind, it is a glide that mystifies one when you stop to consider the speed he gets out of it. To my way of thinking he has a perfect style for Marathon running, and notwithstanding the fact that Shrubb was outclassed and beaten in the race with Longboat, I still contend that the time is not far distant when he will run a Marathon race and beat the others so far that it will be a record. A man that can run twenty-one miles like Shrubb did in the Garden can, I am convinced, eventually run 26 miles 385 yards. Shrubb is far from being out of the Marathon class, but I must confess that the race with Longboat was lost through lack of headwork and not knowing his own strength and speed. In fact, I think he was over-confident.

Shrubb's style should be imitated, if possible, by all distance runners; he runs close to the ground; there is no waste of energy; there is practically no high leg action; it is beautiful; all his efforts seem to be made from his hips down; it is a unique style, and the only man I think we ever had the pleasure of seeing run who had a style similar to Shrubb was E. C. Carter, the world's greatest runner in his day. Carter had a leg action a great deal like Shrubb's, only of course Carter was a much larger and taller man.

Longboat's style is another illustration of a man having a style of his own. I watched him in the race with Shrubb; it

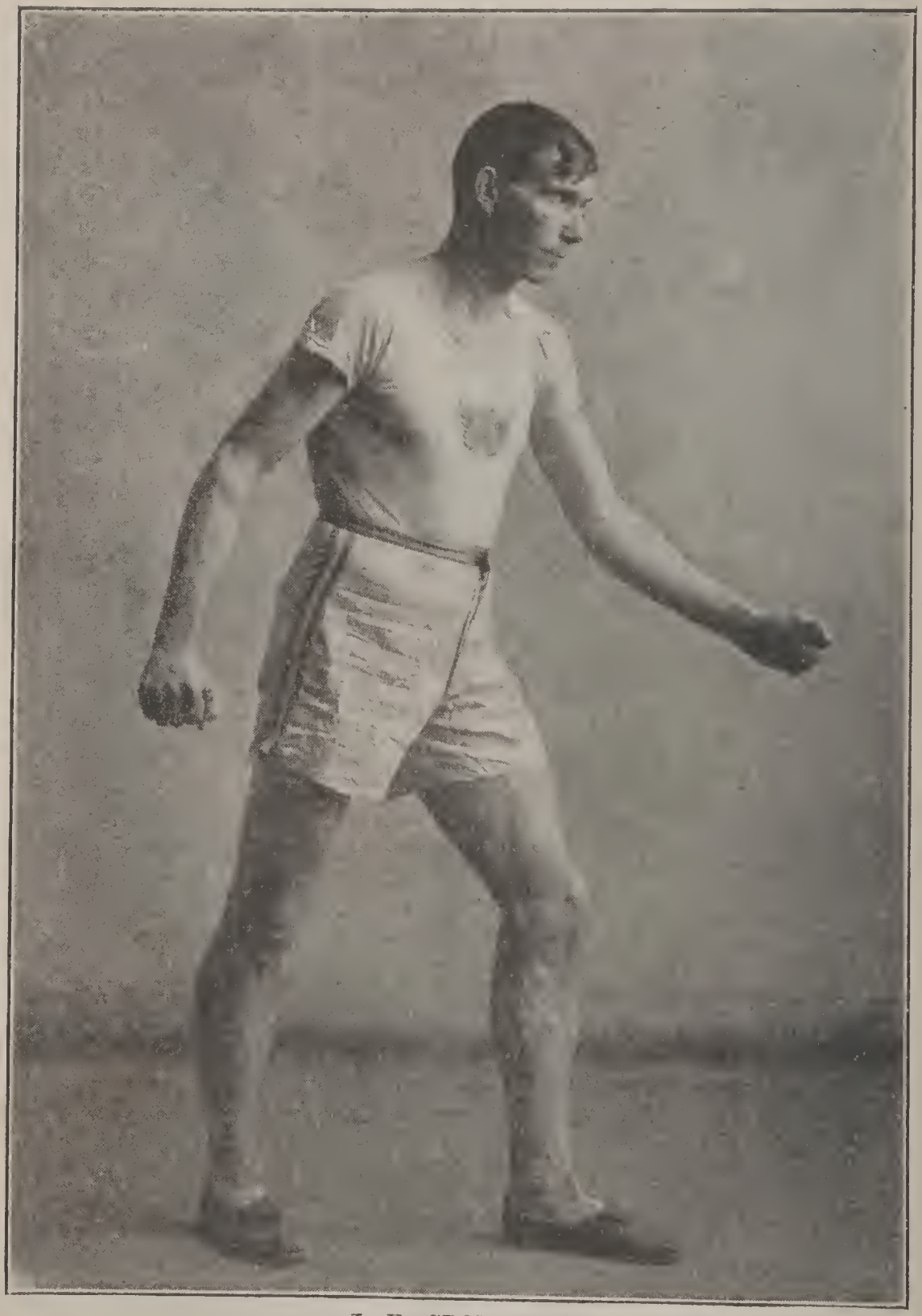
A. R. WELTON,
The Massachusetts boy that performed so well in the London Marathon

was the first time I had the pleasure of seeing the Indian perform. His style is laborious, and I cannot understand how a man can hold his arms in the strained position Longboat does and race at such remarkable speed. It looks as though he is making great efforts; he seems as though he is bound up; he does not move legs and arms as free as Shrubb does. His leg action is nothing more than a lope; in fact, many experts at the Garden during his race with Shrubb felt that he would not go the distance owing to the peculiar fling of his right leg. He is far from being a handsome runner; but he gets there just the same. That he is a great runner no one can dispute but his style is not one that I would recommend anyone to imitate.

Dr. Sargeant, of Harvard University, who is one of the leading authorities on gymnastics and physical training in the world, was quoted in the *Amateur Athlete* as follows:

"The best method of training is a matter of very recent investigation. The modern idea of training is to put the body under the influence of all the agents which will contribute to health and strength. These agents are diet, sleep, bathing, proper clothing and exercise. Exercise should be determined by each man's physical powers. There should be resistance to overcome. The weak parts should first be trained. The heart and lungs in particular should be stimulated. Rest should precede every period of exercise. Exercise should be of a composite nature, to bring out all the muscles. The most alarming effect of overtraining is that on the vital organs, but its results are much exaggerated. The proportion of athletes injured is small. Not more than one per cent. of four thousand athletes in the past at Harvard have had the slightest cardiac trouble. Exercises like a tug-of-war are the most injurious. In foot ball the heart has intervals of rest and the strain is not great. As precaution against overtraining men should be examined before entering athletic contests. No severe exercises should be taken before the age of eighteen. No tight clothing should be worn; perspiration should be stimulated, and there should be no eating within three hours before the time of exercising."

I don't want any youngster to think that I am opposed to boys taking part in athletics and enjoying athletic competition. Far from it; but let it be in the nature of play; a boy should run just as much as his ambition will permit him, but he should not fatigue himself or do any training. I do not believe in boys training for classes in weights; that is objectionable and should never be permitted. I do not believe in boys fatiguing themselves, dieting or in any way apeing the champion in ath-



J. F. CROWLEY,
Irish-American A.C., New York.
Photo by Evening World.

letics, who is usually a man with a fine physique, which has been developed by years of constant training. I believe it hurts a boy to train for weight. I believe a boy between the ages of thirteen and eighteen years should be allowed to take part in all team games, walking, cross-country running and other games, with one object in view—that is, his health. If he feels like taking part in open competition, well and good, but let him run just the same as he would when playing; he should not try to train for weight, as he is only injuring himself. The boy who takes part in cross-country running, walking and outdoor games between the age of seventeen and eighteen years will have a perfect constitution when he is twenty, and he can then take part in open competition without jeopardizing himself, because he has done the necessary preparatory work. There is absolutely no place, however, in a Marathon race for a youngster, and it is a shame to allow him to start; no father should permit his son to compete in a long-distance race of this kind unless he is nineteen years old, and then only after having had a medical examination and months of work on the road.

The following article on this subject is from the *Evening Telegram,* New York, February 16, 1909:

"In view of the tremendous interest which has been taken in the East in long-distance running this winter and the large fields which have been entered in the Marathon runs that have been held in New York and vicinity, trainers of the local athletic clubs have a note of warning to sound to ambitious young athletes.

"In two or three of the races which have been run in this vicinity there have been some entries of unknown runners which have been accepted by the management. These men were also unattached. That is, they did not belong to any one of the local organizations which foster athletics.

"The mere fact of their entry has been accepted as *prima facie* evidence that they were competent to run the distance, and so long as no physical examination is insisted upon prior to the running of the race they have been permitted to start with the payment of their entrance fee.

"That some of these runners have been quite unqualified to run has been demonstrated not once, but twice, and even with more frequency. To would-be athletes of this type the trainers address themselves in a cautionary manner.

"'No young man,' says 'Ernie' Hertberg, who has been training runners these many days and whose knowledge of long-distance running is well known in this city, 'who has not been

JOHN DALY.

Photo taken in the New Year's Marathon (Yonkers, N. Y.), 1909. Daly's form was good through the entire race.

under the instruction of a competent trainer or who has not passed a medical examination and been given a clean bill of health should think of trying to compete in a Marathon run.

"'I know that there have been several youths in recent races who should never have thought of trying to run that distance. The trouble with these boys is that they imagine because they have a little endurance and because they have been able to outwalk or to outrun some of their comrades in ordinary athletic affairs they are qualified to start in a Marathon.

"'They enter with the idea that they will try themselves out and see how good they really are. They argue that any time they feel tired they can drop out of the race and that they will be none the worse for their experience. That is argument of the unsoundest kind, so far as results usually show.

"'The great trouble is that when a young fellow gets in a Marathon run his pride is likely to run away with his good sense. If there happens to be a field as large as fifty or more and he is able to keep up with the general bunch for a few miles, and if there happens to be a crowd on the course, as there usually is, the novice instead of stopping when he feels exhausted will stay on because too shame-faced to quit in front of the spectators and hoping that he will catch his second wind.

"'That "second wind" argument is one of the most foolish that can be advanced for long-distance running. We hear a great deal about it, but the fact of the matter is there is very little to it. Old runners who have been on the track for a long time and who know how to handle themselves save up a bit when they feel the first indications of weariness, knowing that a little rest just then will probably help to replenish their reserve power later. The novice runs himself into the ground, with no reserve power on which to draw, and then imagines that he is likely to catch his "second wind."

"'I don't believe that any boy should enter a long-distance run without a medical examination unless he is a regular member of an athletic club which has the services of a paid trainer. A professional trainer usually knows enough about the human body to be able to judge as to whether a boy is fit for long-distance running. The time may come when it will be insisted that every starter in a Marathon race shall show a clean bill of health before he leaves the start. We have had so little of long-distance running in this country that the same cautions are not thrown around it, as would be if the experience of the officials had been longer. Just now, while the craze is on, we should be watchful of the young runners and prevent them from doing injury to their constitutions.

SIDNEY HATCH, CHICAGO.

Taken New Year's Day, 1909, in Yonkers Marathon. Insufficiently clad for the season. Contrast the clothing worn by Longboat and Shrubb.

"'No fault is to be found with long-distance running. In its way it is as much a part of athletics as any other sport, but not every man is qualified to be a long-distance runner, and no novice should undertake to become a champion without knowing whether nature has qualified him for the work.

"'Sound lungs, a normal heart, sound kidneys and hardened muscles are worth a great deal more than a ton of grit. The latter quality is essential, but it is likely to run a man into a hospital if the other essentials are lacking.'"

THE PROPER KIND OF SHOES.

Mr. G. L. Pearce, superintendent of A. G. Spalding & Bros.' athletic shoe factory, who is recognized as an authority on shoes for athletic purposes, accompanied the American team to the Olympic Games at London in 1908 solely to give his expert experience in the matter of footwear for the athletes, and from his observations on the spot he has evolved the Spalding Marathon Shoe, which is already recognized as the only shoe on the market that is suitable for both indoor and outdoor wear. It is hand-sewed with a flexible upper. The soles are of good weight and protected on the outside with rubber, to prevent slipping and straining of the tendons or muscles. The fact should not be overlooked that in a long race a shoe should be light, flexible and with a good weight sole to give proper results.

A. G. Spalding & Bros. know that the new Spalding Marathon Shoe has all of the qualities desired by one who wishes to have the best shoe for a Marathon race. These shoes are made in both Oxford and high-cut and are made to measure if desired. The firm is particularly pleased when a runner calls at their stores and has his shoes made to order. In the long run that is the most desirable process, because one is then sure of getting a perfect fit. The last is preserved, and no matter in what part of the world one may happen to be he can write, telegraph, or cable his order and his shoes can be duplicated in a short while.

CLOTHING.

In regard to the best clothing for the Marathon runner, it is necessary for the runner in the winter time to outfit himself with heavier clothing than he would use in the fall or summer in order to get the best results and to avoid possible danger when stopping and getting a chill from having insufficient clothing on; and from our experience would suggest that the most sensible and sanitary outfit for fall and winter should consist of a serviceable pair of long gray woolen or worsted tights, either coming to the

ROBERT FOWLER (No. 57)
Winning the New Year's Marathon, Yonkers, N. Y., January 1, 1909.

ankle and to be worn with a light sock, or to have feet attached, as the case may be, and as the wearer may prefer. Over these tights, for the sake of looks, the regular short running pants should be worn. Of course every Marathon runner understands that a sweater is a necessary adjunct to the suit. For the upper garment a very light-weight sleeveless cotton shirt and a medium-weight sweater should be worn over this, with long sleeves, and preferably on the jacket type or with a "V" neck.

The main reason why a pair of worsted tights are best for the lower garment is due to the fact that they are absolutely porous and allow enough air to get through to refresh the runner and at the same time they absorb perspiration and are very elastic and not hampering in any way the movements of the runner. It is necessary, of course, in getting these tights to have the correct measurement for the waist, and the length of the inseam from the crotch to the heel, where the full tight is worn, and if without feet, from the crotch to the ankle.

The reason gray is suggested is on account of there being absolutely no color to come off on the wearer, being made from a specially spun wool combined of the natural color of the black and white sheep and mingled together and then spun, which produces the gray effect.

For the other or open months where there is little or no danger of cold, the ideal suit is the regulation running shirt and short running pants, such as is usually worn, together with the proper supporter, and in the early spring or fall it may be well to wear a long sleeve jersey.

An athlete should always have one suit for practice purposes, and if used often it would be advantageous to get a couple of suits, giving the one a chance to dry out while the other is being used. It is always safe to have two pairs of shoes, one for practice and one for running, and always be sure that your shoes fit right. Change the strings repeatedly and test them before you go to the mark in an important race.

SAM MELLOR, JR.,
The veteran Yonkers Marathon runner.

DONT'S FOR MARATHON RUNNERS

Don't, if you are under eighteen years of age, attempt to exhaust yourself in long-distance or Marathon races.

Don't wear light clothing in an outdoor race during the fall or winter. It is important to keep the body warm at all times.

Don't allow a trainer or handler to throw buckets of water on you while in competition. It is absolutely unnecessary and a detriment.

Don't wear spiked shoes in a Marathon race, either indoor or outdoor. Always wear a well-fitting shoe, almost a tight shoe.

Don't, in practice, run yourself to a standstill. Make your practice a pleasure.

Don't extend yourself unless in actual competition. In practice always have a reserve, and stop when you feel tired or indisposed.

Don't smoke, and don't drink intoxicants.

Don't let anyone give you "dope" in a race.

Don't follow a man in a Marathon race who is going to run five or ten miles; let him have his practice run.

Don't think of starting in a Marathon race before having been examined by a physician some time prior to the race.

Don't think of starting in a Marathon race unless you have had months of preparation for it.

Don't, in the winter time, take cold baths; they shock the system and are of no value.

Don't try to have a regular diet when training for a Marathon race; eat what you get at home and eat plenty.

Don't forget that if you are training and lose weight you must off-set it by wholesome food and drink of the right kind.

Don't fail to organize cross-country clubs and hare-and-hound runs; run with them for pleasure as often as you can, and extend the distance from time to time.

Don't start in a Marathon race with a new pair of shoes. Have them tried and tested before you start.

Don't stop at the side of the road to be rubbed down, you will never get going again.

Don't stop in a Marathon race to change your shoes; if you do you may as well retire from the race.

Don't take any nourishment before going seventeen or eighteen miles. If you do you will never go the distance.

Don't, an hour or so before a race, go out and eat a very hearty meal.

Don't get in the habit of drinking and eating in a Marathon race; some prominent runners do, but it is not beneficial.

OLYMPIC GAMES, 1908.
The American runners at work at Brighton, England. Most of the work was done on a grass course.

MICHAEL C. MURPHY ON MARATHON TRAINING

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Trainer Michael C. Murphy of the University of Pennsylvania, formerly of Yale, was requested by the American Olympic Committee of 1908 to accompany the American team to the Olympic Games of London for the purpose of directing the training of the team. His success is a matter of history. He gives his ideas on Marathon training as follows:

I am particularly pleased at the present revival, so far is it does not run to dangerous extremes.

The present craze for Marathon running is certain to do a lot of injury to boys and young men who are looking for fame as distance runners. This is a praiseworthy ambition, but the average boy in confining himself to Marathon running is taking the very worst possible method to win the success he desires.

In any event a man should not run such a long race as the Marathon without weeks of careful training and living. Consequently, I repeat, that unless you are endowed for this sort of running and have plenty of time at your disposal, you should confine your efforts to shorter distances in which you will get all the benefits without the evils.

In preparing yourself for a long-distance race always keep this truth before you: "All the glory ever won in racing is not worth one month's ill health." In training during the fall and winter months always be careful to keep the body and throat warm and well protected. You should be particularly careful in this regard if you are working against a wind. Running out of doors without sufficient protection is the cause of most of the cramps that long-distance runners suffer from. A thick piece of brown paper pinned inside the jersey over the chest will be found a good protection against cold.

If you are anxious to win races at five miles, ten miles or longer distances you should always start at much shorter distances. Then if you find that you have the endurance you can gradually increase the distance until you can run thirty minutes or even an hour without being badly used up. Cross-country running is the best preparation I know of for running the longer distances. This can be varied, possibly every other day, with some faster work to keep up the speed.

It is always well, even in cross-country running, to work out only a part of your full distance. When you feel like it you can work out a longer distance, or until you begin to feel tired.

EDDIE CARR,
Well-known distance runner of the Xavier A.A., New York.

Then you can ease up and catch your wind as you go along. If you cannot do this at first you might slow down to a fast walk. After a short time you will be able to judge what is your best pace. In this way you will always have left enough strength to increase your speed when necessary.

Always be careful not to work out on hard pavement. Try and find a good road. This is always possible in the country, and for those who live in the city a suitable place can always be found outside the limits or in the park. If your training ground is some distance away go there in the street cars. Find a place to leave your clothes and then when you have had your workout put on warm street clothes. Always be careful to keep the body warm. When you get to your training quarters get a bath and a rubdown.

You will never be sorry for taking the best possible care of yourself, for upon this depends half of your athletic success. If you are obliged to do much of your training on a gymnasium track you can avoid lame ankles by frequently running in the opposite direction. This will relieve the ankles of the severe strain which must come with constantly turning to the left.

I would caution men training for five miles against running too many trials at the full distance. You will find plenty of races which you can enter when you are fit. Don't go into one of these long races unless you are in condition. In reference to what I said about not running through your full distance in training let me add that I have known champion five-mile runners who never ran more than three miles in their tryouts. They figured that the excitement of the race would carry them the last two miles. Too many trials take the strength out of a man, whereas his running should add to his strength. Always keep this in mind, and your improvement will be certain. This advice is intended for the amateur. A professional can stand more work.

While I do not think it is true that the average amateur who can run ten miles can run the Marathon distance, I think it true that one who can run five miles comfortably can run ten miles without injury. It means more work in preparation. For this latter distance the runner should do plenty of jogging six and seven miles. In training the speed should be varied considerably so that a man will know just what he can stand.

I would recommend to all men running this distance that they sleep well, eat well, and keep close watch of their weight. Of course, you are bound to lose some weight getting into condition, but after you once get into shape you can stay there with very little work, provided you always take good care of yourself.

THE FIRST NEW YORK CITY MARATHON.
From Stamford, Conn., to Columbia Oval, New York.

Photo by "The Amateur Athlete."

You will find the first five or six weeks the hardest part of the training. Then, if you have taken good care of yourself, you will begin to feel that you are getting in condition. You can then use your own judgment about letting down slightly in work for a time. But don't think that you can lay off. No man can expect to cut his time for ten miles from fifty-eight to fifty-four minutes unless he indulges in plenty of hard work.

To run the Marathon distance requires lots of endurance and plenty of courage. You will need the endurance in order to make any kind of headway in your training, and your courage usually comes to you after you begin to feel some confidence in yourself. This is a race that requires great strength and before you go into it you should go through the most rigid training.

The number of men who are adapted to runs of this length are very few, and many of them do not have time to do the hard training that the race requires. The Marathon runners on the American team were selected after careful elimination, but even they did not have time to do the severe training they should.

This brings me to a further explanation of my statement at the beginning of this article that Marathon running was dangerous for many youngsters the way they are training for it. In order to get in condition for so hard a race as this a man should be able to run frequently for more than an hour. Oftentimes he needs to run two hours or more. Few young men who are students or work in shops or offices have the time to devote to this sort of training. But even if they had the time they would be unable to devote a corresponding amount of time to the rest which this sort of training makes absolutely necessary. This is the feature of training for Marathons which most ambitious youngsters overlook. It is also a principle of good health. Long periods of hard work call for a corresponding period of rest. This applies likewise to our daily life, though many people do not seem to realize it. I hold that no man under any circumstances should force himself until he is dragged out.

The amount of hard training which men can do in preparation for long-distance races varies. Clerks who sit down most of the time can stand more than a man who is constantly on his feet. Johnny Hayes, the Marathon winner, was on his feet all day, and the only time he could devote to his training was in the evening, when he ran about three miles. If he ran farther than this he would lie off the next day and walk one day with a run the next. Forshaw, who had to spend his time at work, trained in much the same manner. Welton, who finished fourth, ran a little farther than either Hayes or Forshaw in his preliminary training.

THOMAS LONGBOAT,

The Indian who holds the record for a Marathon (the Boston A.A. Marathon, 1907, made when an amateur).

Photo by Evening World.

When we got to England I increased the distance of the Marathon runners to from twelve to thirty miles. They had nothing else to do, and as they were gaining in weight I knew they could stand the work. The thing to do is to run along easily, with as little effort as would be called for in a good walk. Then you will find that it does not take any more out of you to jog along eight or nine miles in the hour than it does to walk half as fast in the same time.

When you have gotten into the swing it will become second nature to you and you will be able to travel a long way without tiring. I have known plenty of professionals who thought nothing of running along forty-six miles in six hours, and the six-day men often worked out from fifty to seventy-five miles every day. I might mention also that several of these veterans are alive to-day and are none the worse for their experience. But that is because they did nothing else and prepared themselves carefully for the long runs.

The American Marathon runners during the last two weeks of their training several times went the full Marathon distance and did some pretty stiff training every day. But they had nothing else to do and were able to take plenty of rest. For Marathon running I cannot lay down any hard and fast rules about the distance you should run. You must use your own judgment and consult your own feelings. If distance running be judiciously indulged in it will do you lots of good and make you a better man. But never forget that a month's poor health is too heavy a penalty to pay for the glory of a race. The best recipe I know of for making champions is good food, good care, a clean life and a moderate amount of work.

MAXIMS FOR LONG-DISTANCE WORK.

Don't run races of ten miles or further unless you have lots of endurance and plenty of time for training. All the athletic glory in the world isn't worth a month's ill health.

If Marathon running leaves you dragged out quit it.

Every Marathon run demands a corresponding period of rest.

Present Marathon craze is like one of thirty years ago.

No boy under eighteen should Marathon.

Easy cross-country running is the best training for the Marathon.

Long-distance runners should be well nourished.

When taking long runs, especially in cold weather, keep throat and chest well protected.

MATT MALONEY AND HANDLER.

Taken after he won the New York Evening Journal Marathon race from Rye, N. Y., to New York City. Photo shows his fine condition.

Photo by Evening Journal.

TRAINING FOR A MARATHON

BY MATTHEW MALONEY,

Winner of the New York Evening Journal Christmas Marathon Run, 1908.

Matthew Maloney of the Trinity Athletic Club of Brooklyn, N. Y., the winner of the great Marathon race held under the auspic of the New York Evening Journal, from Rye, N. Y., to the J office at Columbus Circle, New York City, in December. wrote a series of articles on Marathon racing for that par are reproduced herewith by permission of the E nal:

convinced that the Irish are the best long-distance do not say this because I won the Evening Journal Marathon, but because Johnny Hayes and Jim won similar events previous to me.

es a strong heart to win a 26-mile 385-yard run, and a one at that, and I think the best-hearted athletes come the Emerald Isle. I knew when I was a lad in knickerers I used to run and jump, and I saw those who have n champions before me do the same.

I was born in the County Clare, twenty-three years ago, and s a babe I must have been athletically inclined. Of course, I don't remember this; but, at any rate, I was told so. In my childhood days I used to find great pleasure in racing the boys and girls up and down the roads, and not a few times did I beat them out quite handily.

I never dreamed that I would be an athletic star, but I liked the sport, and I would give as much time to it as I possibly could. I always kept myself in good condition, and although I liked the long-distance events, I came to the conclusion that it would be best to wait until I attained the age of twenty-one before I tried anything real hard, like a Marathon run.

MARATHON RUNNING HARD.

My advice to all those who have the Marathon fever is not to attempt it until they have attained the age of twenty-one. It is an awful strain on a boy, and it is likely to take at least five years from his life. It is hardly possible for a boy to run the distance without feeling some bad effect, and I attribute my success to the fact that I did not start until I was twenty-one years of age.

MATT MALONEY.
Another picture of the holder of the American Marathon record.

I got a good deal of experience at the Trinity Club, of Brooklyn, and I can say that that club should get the honors for bringing me out. That the club appreciated my victory in the Evening Journal race was apparent, for when I got over there, the slaps on the back and the hand-shaking affected me more than the running of the race. I am sure it was harder, for the simple reason that I felt it more.

As I said, I am twenty-three years of age, but the first Marathon I ever attempted was on Thanksgiving Day. It was simply a little practice I was after, for I knew there would be more Marathons to follow.

I got more impressed with the Marathon idea the night before the Yonkers race. I was at Madison Square Garden and saw the Italian beat Johnny Hayes. My Irish blood was up for fair, not that I had any idea of meeting Dorando, but because it was natural that I would feel bad to see one of my countrymen beaten.

I stayed at the Garden late, but nevertheless decided to run to Yonkers. I went home, but met some friends, and we had something to eat. I got a few hours' sleep and started for Yonkers. All the way up I was figuring out what kind of a stride it would be best to use. Finally I decided to use a six minute to a mile stride.

I tried this in the race and it worked to perfection. At the nineteenth mile I was well up, but somebody gave me a drink and it was all over. The rest was dark to me until I was told I had collapsed and was carried to the dressing room.

When I heard that Crowley had won that race I was pleased, but I had made up my mind that I would get there sooner or later, for I felt that I could go the distance and win.

When the announcement was made that the Evening Journal was to hold a big amateur race it caught my eye. I knew I had to choose between that and the run to be held on New Year's Day, and I soon made up my mind for the Evening Journal run.

Of course it was a rather short notice, but I decided I could make it. I am responsible for my own preliminary work for the race, which I did in Yonkers without any trainer. I practically got myself in shape, and I did this five days before the race at that. I had my pace down to perfection, and I knew that I would be capable of making the others hustle to beat me.

How to get in shape for a Marathon race is a subject that I will talk more about later. For the present I want to say a word to those who are preparing for the next big race.

I should advise all those under twenty-one to stop right where

MATT MALONEY,
Winner of the New York Evening Journal Marathon Race from Rye, N. Y., to New York City.

Photo by Evening Journal.

they are. It will do them no good and, as I said before, will do them very much harm. If you are over twenty-one and find you can stand the strain, you should run ten or fifteen miles twice a week until your muscles are hard enough to stand the Marathon distance.

SHORT STRIDES TO WIN MARATHON.

In preparing for a Marathon race there are a great many little incidentals that one must not overlook. It is far different than training for a sprint, 220, 440 or half-mile run. I have always made it my business to follow my training schedule to the letter.

In making preparations for a Marathon race, it is well for a boy to train himself quietly and find out how far he is able to run before putting in any appearance in a Marathon race. Gradually a boy will improve, if he does not overdo the thing. I tried myself first at five miles, increasing gradually to ten miles, then to fifteen, and so on, until I found that I could run twenty-five miles.

When I am getting in shape or form for a race I never run myself to a standstill; I always like to hold a little in reserve, but I make it a point to run against time. *Never* do I run the full Marathon distance, twenty-six miles and 385 yards—except when in competition.

I run about three times a week, running fifteen miles, walking ten miles next day, then run about four miles fast, walk from ten to fifteen miles again; then comes my last run of the week, about eight miles, at a stiff clip, endeavoring to make my last mile as fast as the first mile of that run.

When I am running, I try for some level roads, no pavements, if I can avoid them, for they hurt the feet. If your feet go back on you once, then you have to take and treat them well. I make that a point—that my feet are properly cared for. I wear well-fitting shoes and advise every long-distance runner to do so.

In middle distance events such as a mile the feet are raised rather high and a long stride taken. In the hundred-yard dash, for example, I think the longest possible distance should be covered in each stride, and as the distance lengthens the stride should be shortened.

I am almost sure that at no time in the Evening Journal Christmas Marathon run did my stride exceed five feet, and for the most part it was not more than four feet.

Another thing in training for a Marathon run is that the stride should be made from the knee, and not the hips. By this, I mean the lower legs should be allowed to swing like the

DORANDO PIETRI,
The famous Italian Marathon racer.
Photo by Evening Journal.

pendulum of a clock, with the body tilted forward slightly so as to take advantage of the natural momentum.

Of course, being well versed on all these fine points of the game, it would be much easier to show how to do these things than it is to describe them in an article of this kind.

I wish that someone who is well versed at the game had given me instruction when I first became interested. I think it would have saved considerable trouble. What I know I had to learn by experience, and I have discovered many tricks that have been of great assistance to me.

I am proud to say that I have a style that is all my own. It is somewhat similar to Johnny Hayes's, and he used it with telling effect in the Olympic championships. My style is not used by any long-distance runner, and I have mastered it as well as John Flanagan has mastered the triple turn in throwing the hammer.

In training for a Marathon race, which is nothing more than an endurance test, the leg muscles are naturally the most important. A novice must be careful not to over-exert or strain them, for if he does he will injure them irreparably, and spoil whatever chance he had of becoming a successful runner. Therefore, it is most important that the leg muscles be nursed with the utmost care. I cannot lay too much emphasis on this feature of training.

I would not advise a runner to keep going until he gets exhausted. It may prove disastrous. Long, pliant muscles are the ones that carry a runner the greatest distance at the highest speed. Knotty muscles are useless for running. Effective running muscles are little more than perceptible. They do not bulge out like the whipcords we often read about in professional strong men, weight lifters and wrestlers. The development of these particular muscles should be uniform.

Regarding running shoes, I like to have the soles of my shoes fairly stiff, so as to keep the foot steady; if too pliable the foot bends on the inside and the result will be a blister on the foot and very soon it will begin to hurt, with the result that you are forced to stop and change your shoes—then you are through.

In my experience I found it to advantage to go on the road with soles on my shoes, and I advise it for Marathon running. Let the heels be at least one-quarter of an inch high. That is to say, heels that will be on the level with the soles of your shoes. There is great danger in running without heels. The danger lies in breaking down in the instep. Once that happens the athlete is crippled for life, and I have seen many a promising long-distance man go to the bad on that account.

DORANDO IN ACTION.
Taken while training at the Pastime Athletic Club grounds, New York.

I have never heard of the cure of a broken-down instep. I don't mean by a broken-down instep that the bones themselves snap or break, but that the bones simply fall out of their natural sockets and are jumbled together. After this happens a runner walks without elasticity to his step, and he is apt to spend the balance of his life looking for patent shoes that will help him to walk comfortably.

I once more come to the age limit. Those Marathon inclined should not start at the game until they have attained the age of twenty-one years. Cross-country running, if done in moderation, is very beneficial, but one must know what pace to take or he is very apt to strain himself. In the old country everybody runs cross-country, and the hill and dale game has the call. That is the reason these men have always been the topnotchers in long-distance running.

To use a proper stride is of great importance. The Indian lope is the best. Indians never raise their feet very high, and on this account have been known to run for twenty-four hours at this easy pace. The length of the legs makes no difference. Let no one with short legs be discouraged. Although my legs are far from being short, my theory is nevertheless that short legs are the best for long-distance racing. There are, however, many successful long-distance runners that have long legs. Longboat has tremendous shanks.

When running, I try to run naturally, as well as to breath easy, always bearing in mind that it is in the last five miles a Marathon is to be won or lost.

When I toe the line for the start of a race, I do not like anybody to be annoying me as to my condition or form, and I never want to be long on the track before a race. I try to get on the spot on time and keep well covered.

Smoking is bad. I have never used tobacco in any form. To the absence of nicotine from my heart and lungs more than to anything else I attribute my great success in winning the Evening Journal run. Diet also is important, and good condition is essential; a perfect heart and a good stomach are necessary, but with all this no man can win a Marathon if he smokes.

As to what I use when in a Marathon race: I only chew gum. I take no drink at all, but it is well to have a little stimulant on hand, such as beef tea, should it be needed, and when I am running I try to get some competent men as handlers on the track, as good ones are needed there.

When putting on the final edge for a run I am very careful of myself, so as not to get a cold. A cold affects one's breathing and is a severe handicap.

THOMAS LONGBOAT,
The famous Canadian Indian runner, showing his somewhat awkward method of holding his arms when running.

Photo by Evening Journal.

There is one excellent rule that I have followed out, and that is to avoid pastry and intoxicants. Roast meats of any kind are good. Fried meats I would advise be left alone. It is the best to broil steaks and chops. All meats should be well done. I do not approve of rare steaks and chops. There are many who think potatoes are not good, but I think potatoes are a good Irish food and the Irish make good long-distance runners.

As to my rest: I rest as much as possible, sleep about eight hours every night, and try to get to bed before 10 P.M., no later.

My advice to every one entering a Marathon is: Never be a quitter, be game, punish yourself—for you have to—if you want to be a winner at the distance, and when the race is over, make sure that you are well protected about the chest and lungs, be well wrapped and do not go around; go home, or go to some place where you know that you can have a comfortable bath and rubdown, and out of all excitement.

RUNNERS LACKED TRAINING.

I noticed in the race last Friday there were several who lacked the proper training for an endurance test of that kind. There were also many who started under the age of twenty-one years. Notwithstanding that it was a 26-mile run, it could not be classed as a Marathon run, but a run over a Marathon distance. I will acknowledge that the going was more severe, owing to the condition of the track, but there were no steep grades nor mud puddles to wade through.

These are the handicaps we must expect to run up against in a Marathon run, and one must also prepare for this while training. He must study these conditions the same as he does a map at school. Marathon running is not an event that you only go 880 yards or one mile on a finely groomed track. It is a run where you will meet all kinds of obstacles. To overcome these you must be at your best—yes, as fine as silk. If you can't get down to that, then give up the idea of ever making a Marathon runner.

There are a great many who train for a Marathon—in fact, for any long distance run—who go to the bad right from the start. I have noticed many who do not know how to hold their hands. The hands must be kept low and your feet close to the ground. One must run as natural as possible. Fancy stunts must be entirely cut out, as they will never win a race of any kind. Another thing, don't let the idea run away with you that you know it all, for you don't, nor do I. There is still lots I can learn.

ALFRED SHRUBB.
Another characteristic pose of the famous English runner.
Photo by Evening Journal.

HOW TO BREATHE PROPERLY.

When out on the road running breathe easily, and if you find it more comfortable to breathe with your mouth open, open up and get the fresh air. Don't open your mouth until you need the air. Go along on a nice easy jog, and if you feel that you are going too fast, let up a little.

In watching young men training I have noticed a tendency to drink cold water before the bodies have become cooled. This is a rather fatal mistake. It is harmful to the stomach. All the efforts to harden the stomach by exercising the muscles are rendered null if cold water is taken within fifteen minutes after a physical strain of this kind.

You take men like Mike Murphy, Al Copeland, Ernie Hertberg, Bernie Wefers and other well-known trainers. They say water should be sipped in small quantities, so that the stomach has the proper chance of cooling gradually, thereby preventing it from being subjected to a harmful shock, which would surely follow if taken by the glass.

HOW TO TRAIN FOR A MARATHON.

For those who are going to train for a Marathon race I think I can safely recommend a run three times a week, beginning at two miles and gradually working the distance up to fifteen miles. Now, I don't say to run fifteen miles three times a week. This distance can be run once a week, until the muscles are hard enough to stand the Marathon distance.

Now, the proper treatment after a race is very important. There should be as much care taken of the feet as the leg muscles. The feet will harden as the training proceeds. They should be rubbed with witch hazel and nursed most carefully. It may not be generally known that a Marathon runner suffers from blisters on his feet more than any other way. At no time in the Evening Journal run was I distressed.

In preliminary training I drink milk at every meal in preference to coffee, which is somewhat hard to digest, and for that reason should be discarded. A milk diet will sustain a man in a contest that requires endurance. It replaces the tissues that are burned up in long distance races.

My first real hard race was in the six-mile national junior cross-country championships over the Celtic Park course. Before I started I could feel the athletic sharps watching me. I was green at the game, and although I felt somewhat nervous, I made up my mind that I must go along if it killed me. I

LONGBOAT IN TRAINING.

Taken in winter time. Note gloves and heavy sweater. The body should always be kept warm.

kept plugging along, and to my surprise I finished third, thereby winning the team prize for the Trinity Club.

The next important event was the ten-mile A. A. U. championship. Although the distance was longer, I stuck to it and finished seventh. I then got an idea that I could run much longer distances, and as a result I entered the Yonkers meet.

Before the start of the Evening Journal Christmas Marathon I made up my mind that I had to beat Crowley. I knew there were other cracks entered, but the only man I actually feared was the Irish-American A.C. man.

When I arrived in Rye, the starting point, I was accompanied by my attendant, Harry McGrath. Among my friends present in an automobile were J. J. Lynch, J. J. Corkery and D. C. Nolan.

"Matt," said McGrath to me, "I want you to win to-day. You can do it, I am sure."

"I will try my best, Harry, and if I don't land the prize it won't be my fault."

STRAY DOG HIS MASCOT.

Just then a big brown dog trotted along, and I said: "Harry, keep him with you until the start, and if he follows me I will win."

Naturally, it was my desire to win the Evening Journal's big event, and when I started off with the bunch my heart went pit-apat. "That will never do," I said to myself. "I must not get nervous," and I threw off that feeling at once.

I set out on my usual pace, six minutes to the mile. After going a mile, I looked around, and sure enough I was being followed by the dog, who, by the way, quit at the seventh mile, at which stage of the race I took the lead from Crowley, who had been leading up till then.

I was going fine, not a bit worried. My stride was easy. My attendant in the autocar was right alongside of me. There were many good runners behind me, such as Fred Lorz, James Clarke, John Ressinece; but, I said to myself, forget everyone else in the race, but remember you have to beat Crowley.

At this stage of the race it seemed as if Crowley was not going as fast as I was. It seemed strange, for Crowley had the best of the road. However, it was fair going where I was, and I held my own. I knew in my heart that I had Crowley beaten, and so I took my time about things. Gradually I forged ahead, and inch by inch I opened up the gap between myself and my most dangerous opponent.

THOMAS LONGBOAT,
Training in winter outdoors for his Shrubb race. Properly clothed for winter outdoor work.

We soon struck the city limits and I heard the people shouting: "Who is in the lead?" I could see the thousands of men, women and children, and heard them cheering.

It then came to me to try for a record. I let out a few links and increased my speed a little, but not too much, for I wanted to have a little left for a sprint. The time for the sprint finally came and I turned on full power. When I came to the finish I did not know where to go, so I jumped in an automobile. It happened to be the car in which was Mr. Sullivan, but he said: "Go ahead and cross the tape!"

I was no sooner into the Evening Journal office at Columbus Circle than I was lifted in the air and carried around the place. "You broke the world's record," they shouted. This was indeed pleasing to me, and I will never forget it.

After the race I, naturally, congratulated Crowley. He ran a game race, but I proved the better man. Mr. Sullivan slapped me on the back and said that I did great work. "You made the best time ever made," said he. "Two hours, thirty-six minutes, twenty-six and one-fifth seconds. That is a new record, my boy."

ALFRED SHRUBB,
The world's greatest distance runner. Note the common-sense clothing worn by him in his winter outdoor work.

EDGREN'S ADVICE TO YOUNG RUNNERS

Mr. Robert Edgren, the well-known athletic authority of the *Evening World*, was the first one to come out boldly on the question of schoolboys practising for Marathon running in the dead of winter with insufficient clothing, and he severely criticized the boys' friends and trainers where the latter permitted boys to run outdoors scantily clad, as some do. With his ably written article a cartoon was published, and at once the question of proper clothing for those who wanted to run outdoors during the winter was intelligently discussed.

Mr. Edgren also started the discussion as to whether it was good judgment for young boys to train for or compete in Marathon races, that is, his article on the subject certainly started the agitation which is now being so successfully carried on. It is the unanimous opinion of experts that a schoolboy or youngster should not train for or compete in a Marathon race, and those Marathon runners who compete during the winter months should clothe themselves as the greatest runners in the world do. Elsewhere in this book will be found pictures of Shrubb and Longboat, showing how careful they are to wrap up when they are forced to practice outdoors in the winter time.

The next authority to follow Mr. Edgren on the subject of youngsters competing in Marathon races and not being properly clothed in the winter time is Mr. Michael C. Murphy, the world-famous coach of the University of Pennsylvania, who had charge of the American team that carried off the honors at the Olympic Games in London. Mr. Murphy, in a very capable article that is reproduced in this book, takes the same stand as Mr. Edgren.

When two such athletic experts agree, it is time that the club managers follow suit and, in the first place, refuse the entry of any athlete who is not able to go at least part of the distance. In the second place, if they run outdoors in the winter time, and it is all right to do so, they must be properly clothed. Thirdly, a schoolboy should not be encouraged to train for distance running or for a Marathon race.

OLYMPIC GAMES, LONDON, 1908.

On the road in the Marathon Race—No. 33, L. Tewanina, U.S.A., the Indian; No. 24, Joseph Forshaw, U.S.A.

Photo by the Sport and General Illustrations Co., London.

TRAINING FOR A MARATHON

BY JOE FORSHAW, ST. LOUIS

Joe Forshaw is a leading Marathon runner of the Southwest and was selected by the American Olympic Committee as a member of the American team to compete in the Olympic Games at London in 1908. Forshaw gave a good account of himself and justified the wisdom of the committee in selecting him, as he finished third in the great Marathon race from Windsor to the Stadium, being only beaten by Hayes and Hefferon.

Forshaw's account of how he came to enter athletics and his manner of training follows:

As I intend to dwell somewhat on the benefits accruing from sane indulgence in the sport of cross-country and Marathon running, I will begin with my early history, as it will show a remarkable physical contrast to my later life.

As a child I was exceedingly delicate, so much so in fact that my parents were compelled to take me out driving for the fresh air, and even give me considerable wine as a stimulant. I was very subject to fainting spells up to the age of seven years; often at play I would stumble and fall in a faint. This happened dozens of times, until they feared that I would never live to maturity; some said I had a weak heart.

I distinctly remember how abruptly these fainting spells came to an end, a very strenuous physical effort one Indian summer day being the turning point. On this occasion, in company with my father and some other nimrods, I covered just thirty miles on foot, walking leisurely, of course.

After this I never fainted again and also got rid of a habit of gasping for breath, which had been very annoying. I got more and more in the habit of taking long tramps, and grew much stronger. I was always fond of playing games calling for a good deal of running, and prided myself on being able to outlast all the boys in the neighborhood, though I could not keep their pace for shorter distances. We had a place a little over a quarter of a mile around, and though competing in no events, nor having any prospect of doing so, we used to run each other around our improvised track, several times a week, seeing who could last the longest. At this time there were no athletics at all in the public schools in our section of the country.

I always did a great deal of skating, covering many a time as high as fifty miles and thinking nothing of it, and when an artificial ice rink was opened in St. Louis in 1899 I entered all

OLYMPIC GAMES, 1908.
The long-distance squad of the American team at work at Brighton, England.

the skating contests, and won most of them. The summer following this, encouraged by my success in the first actual competitions I had ever taken part in, I entered the bicycle races at the first annual field day of the St. Louis High School and, though having only trained about four days, I succeeded in winning two out of four events in which I entered.

After this I indulged principally in skating, until that suffered a decline through the closing of the ice rink, and for a time I had more or less of a dull time, outside of a little swimming I did in the summer and some tennis playing, but it was not for long, as the Missouri A. C. having been organized, I joined it, as I thought I would enjoy the swimming feature of the club. I had no intention of running at this time, but I was not in it long till I got to exercising around the gymnasium, and when I heard of their going to hold a little closed meet, and that there was to be a half-mile and a mile run on the programme, I decided to call on some of the reserve lung power I had exhibited when younger. I succeeded in landing a second and a third out of this.

I have cited the foregoing instances of my experience to show what athletics, when practised in moderation, can do for a boy who is inclined to be physically weak. As this article is intended principally as a description of how a Marathon runner trains, I will confine myself to that subject.

In the beginning of the season, starting about January 1, I take cross-country runs, starting with easy runs of about three miles, and gradually increasing the distance each week. For the first month or so, I only take the weekly run; after that I begin taking short runs twice or three times a week, in the morning before breakfast, and doing a good deal of walking. I often walk as much as ten miles in a day, as I consider it very good preparation for a long run.

The mid-week runs vary from four to ten miles, after the first month; the Sunday runs vary from ten to fifteen miles. I continue on this schedule until about April, when I may take one or two long runs, say about twenty miles, and about two weeks before the race may go over the full course once, walking, say, the first five or six miles, and then running the balance, the object being to measure the distance well and the speed I can stand without making too much of a hard race of it, and taking all the run out of myself before the actual race.

This is a rough schedule of the manner in which I train at home while at work, and it is best suited to conditions as they are with me at home. Our work last summer in England in preparation for the Olympic Marathon was somewhat more strenuous, for the reason that we had practically nothing to

Start of the Marathon Race.

The American Starters—Spring, Fowler, Forshaw and Frank.

Photos by I. Niflot.

MARATHON RACE, ATHENS, 1906.

do for a month or so but prepare for the race. We were capable of standing much heavier training. We found that we put on weight very rapidly, in spite of running all the way from ten to twenty miles each day, with the exception of Sunday. The climate at Brighton, where we prepared for the race, was very good for running, as it was cool and not in the least inclined to be oppressive.

The many hard trials that we ran there were a great benefit, whereas the same amount of work at home would make me stale and run down to nothing by the time of the race.

I eat only good substantial food—meat, potatoes, eggs, rice pudding, custard, and drink water, tea and coffee, abstaining from pastry and heavy food.

The only period when my diet is really strict is about the last week previous to a big race, when I cut out bread and eat dry toast in its stead and confine myself to meat twice a day, with eggs—always soft boiled—for the other meal. I also cut out potatoes and eat only a little fruit during this period, the object being not to put on any extra weight or load down the stomach. The last five or six days before a Marathon I rest, doing no running whatever. I drink little or no water the last week or so, and take in its place weak tea.

I have found it a good thing to take a mild laxative about a week before a race; say if you are to run on Saturday, take a half bottle of citrate of magnesia on Monday morning, and the other half bottle at night . This will thoroughly flush the system and put it in the best shape for the race, as one will fully recover inside of twenty-four hours from whatever temporary weakening effect it might have.

As to the taking of stimulants during the race, I will say that I know from actual experience that the full race can be covered in creditable time without so much as a single drop of water being taken or even sponging of the head—I have done it myself. This of course is when in perfect trim.

I do not believe in eating during the race, as it can scarcely benefit one, as no nourishment can come from the food till digested, and the race will be finished before the food would be digested.

If one feels that he must eat something, I would suggest some malted milk tablets or some good quality milk chocolate, but the less you take in a race the better off you will be.

To cool the head and the blood in general on a hot day, sponge the head with bay rum, as its rapid evaporation produces a cool sensation, but be careful not to get it in the eyes.

In the actual running of a race, a great deal naturally depends on conditions that often do not show till the race has started.

LONGBOAT'S TRAINING IN WINTER TIME—CENTRAL PARK, NEW YORK.

It is well to remember, however, that the race is twenty-six miles and not fifteen or twenty, and though you may lead by a large margin in the early stages it does not follow that you will maintain it to the end Always run well within yourself until you are in striking distance of home, say the last eight or ten miles, then if you have anything left in you and feel strong, go out and run till you drop.

This was the policy I followed in London, just running as fast as I could without distressing myself for the first fifteen miles; as soon as I passed the post, "eleven miles to the Stadium," I increased my pace a little and gradually passed one after another of those who had been with the leaders in the early stages of the race and who at times had had long advantages over me. I finished fairly strong and walked from the field without assistance, after having gone to the swimming pool and bathed my head with water. I felt none the worse for my run the next day either; in fact, I was in good shape the same evening, though a little tired.

I never ran a Marathon race until I was twenty-four years of age. I am twenty-eight now. I think that it is a little too much of a strain for immature boys or young men. I would advise one to wait till the age of twenty or twenty-one years and he will last longer as a runner, and likewise attain greater proficiency. It is a truth that early "phenoms" are often short-lived ones, and when they get older fail to show anything like the form expected of them from their earlier performances.

Runs of six or seven miles are plenty long enough for the youngsters who have an ambition to become distance runners, and this class of work will lay a good foundation for their after development.

And a word to both old and young: Do not overdo it; don't run too many Marathons; let there be a good period for rest and recovery between them; do not run yourself all out in your training and have nothing left for the actual contest; abstain from intoxicants; be regular in your habits, eight or nine hours' sleep in twenty-four, and rise and retire at the same hours every day if possible. A clean and temperate life is one of the essentials to success in the distance running game.

I do not think that Marathon running has any detrimental effect on one's health, as I have yet to feel any ill effects from it, after running in them for four or five years. I have competed in about eight Marathons all told, and have never failed to finish thus far. The worst I ever did was ninth, at Athens in 1906. Outside of this instance I never got below fourth; so I can be said to have indulged in some very hard running, and to-day I am enjoying the best of health.

GEORGE V. BROWN,
Manager Boston Athletic Association Marathon Race.

HOW TO MANAGE A MARATHON

BY GEORGE V. BROWN,

Who successfully manages the Annual Marathon Race of the Boston Athletic Association, held on April 19 of each year, which has become the "Derby" of American Marathon racing.

To successfully manage a Marathon race requires far more detail arrangements than the ordinary person has any idea. Weeks, and, in fact, months of preparation have to be spent if you want to have the proper results on the day of the race.

The Marathon, recognized as the American Marathon, held yearly under the auspices of the Boston Athletic Association, has two very essential things ready previous to beginning the detail. These things are the date which always comes on Patriot's Day, April 19, and the course, which has always been the same, from Ashland to Boston.

These two very necessary things over, the next is to have your race sanctioned by the Amateur Athletic Union of America. After your sanction, your entry blanks, describing in detail your entire course and conditions which govern your race.

Next is it essential you should obtain entries from as many "stars" as possible, and sometimes it requires a great deal of diplomacy and correspondence to obtain this end. I might say here that the Boston Athletic Association offers no inducements other than the valuable prizes given to any athlete competing, as no expenses of any kind are allowed visiting athletes.

When the entries start coming in, of course the newspapers are anxious to obtain these, and are after the picture of any entry of note.

Your officials for the race must be chosen, and I take great pleasure in stating that the Athletic Committee of the Boston Athletic Association prides itself in getting the best officials possible, always trying to keep "favorites" one side, and only having capable, hard-working, interested officials, from the referee down; and I feel I can say that from past experiences the officials in the Boston race are as good as in any similar race in the world, something which helps the management far more than an outsider would think.

The physicians also play a very important part in a successfully managed race, and again the Boston A. A. has been exceedingly fortunate in having such men as Dr. Williams, Dr. John Bapst Blake, and Dr. John H. Cunningham, with their able corps of assistants looking after the medical end of the race.

THOMAS LONGBOAT.
Ready to start on the long grind.
Photo by Evening World.

No better tribute can be given these successful physicians than the statement that not a single accident physically has happened to the runners in this race in twelve years. The absence of reputable physicians examining athletes previous to the start was one of the forcible things which immediately attracted my attention in my visit to at least two other cities.

A week or so previous to the race, it is an excellent idea to go over the entire course to see how everything looks, and to make preparations at the start. The police headquarters of the various towns are visited, and the chief interviewed regarding the policing of the course through the various cities.

After the close of the entries, everything has been arranged, the special train to bring the athletes and bicycle riders has been arranged for, the number and bands for the bicycle riders are ready, the official flags for the various automobiles have been distributed and the clerk of the course is already aboard the train, ready to check off the athletes.

When the country hotel in Ashland is reached, a light lunch is served for riders and runners, and the doctors are busy as bees examining each and every competitor.

Already the clerk is shouting throughout the house that all competitors must be at the start five minutes before twelve, and the many runners and attendants are making ready for the start.

The Boston race is scheduled for noon to start, and never yet has it failed to leave on time. The runners are warned several times regarding this, and nothing is left undone to have the starter's gun ready on the second of noon.

This is indeed a very necessary thing, as the old Marathon runner has arranged to eat at a certain time, and if kept very long waiting, loses his schedule in more ways than one. The public also in the various towns also appreciate this punctual start, as they have occasion to compare the time of the leaders with previous years.

One race I have in mind in which I had two Boston boys as competitors, was scheduled to start at 1:00 P. M., and it was just twenty-five minutes of three when word was given to go. So many things were wrong in this race, it is needless to enumerate them. Right here I want to impress on the manager of a Marathon something which is very often forgotten, and that is arranging to take competitors' clothes to the finish. For years we have arranged with the express company which is in close proximity with the Ashland Hotel to bring competitors' clothes back to Boston; but the best way is to obtain a large automobile truck which will not only be large enough for the baggage, but can also carry the runners who were obliged to quit run-

ALFRED SHRUBB.
On the mark for outdoor winter practice. Properly clothed.
Photo by Evening World.

ning. After the start is where the officials commence working; the timers are taking time of the leaders at various points. The referee is everywhere along the course, riding back and forth. The clerk is busy giving orders and checking. The inspectors are watching for any assistance given the runners. The checkers are doing their duties at their scheduled points. The chief of the bicycle corps is keeping the right rider with each man. Something very necessary, as usually every rider wants to accompany the leader.

In the Boston A. A. race it is absolutely impossible for a runner anywhere near the leaders to obtain unlawful assistance such as stealing a ride, etc.

Besides the officials in automobiles, we have placed several checkers all along the line, at points where we make special effort not to have them known, and these men are exceedingly careful to see that no runner passes them without being checked.

About a mile or so from the finish the referee, judges at finish, and timers pass the leaders to be at the finish before the leader.

The streets leading to the finish are excellently policed and roped off, and none but the official cars are allowed to accompany the leaders through the last few miles of the race. It is here the mounted police take every precaution to keep the crowds back and in no way have the runners interfered with.

When the finish is reached, the time and position of every runner is carefully taken. The competitors and assistants are allowed access to the gymnasum, where they are again examined by the physicians. A lunch is served both riders and competitors, and after awarding the prizes, the Marathon is over.

CONDITION OF THE ATHLETES IN THE TWELFTH ANNUAL AMERICAN MARATHON.

By Dr. John H. Cunningham, Chief Examining Physician.

In the Twelfth Annual American Marathon, so far as can be learned, no drugs or alcohol were taken by the runners. The necessity for making such a rule as the above was dependent upon the fact that in previous Marathon runs men who, becoming fagged, employed alcohol, digitalis, strychnine or cocaine, were in the worst physical condition and often in a state of collapse. Many of the men not finishing these races have stated that they fell unconscious soon after taking the stimulants. The fine condition of the men in this year's run is gratifying, and substantiates the belief that stimulation has no place in such a contest, but they should depend rather upon long preparation for the event.

In the minds of many it has been a question of interest to

AL SHRUBB IN ACTION.
On the road in winter training for a long foot race. Properly clothed, of course.

know the ultimate effect of undergoing such a severe physical strain as the Marathon race really is. So far as can be learned, none of the contestants in the runs of previous years have suffered any permanent ill effects, and many of the runners have been participants for three or four years. It is significant, however, that the race has never been won twice by the same man, with the exception of Caffrey, who captured the event in 1900 and 1901.

The medical examination of the runners showed them to be in good condition at the start; there were only a few who were warned not to continue if they became over-tired, and not one was forbidden to start. When it is necessary to examine 125 men, distributed over a country hotel, and to finish the task within an hour and a half, it is obvious that the examination cannot be either exhaustive or elaborate. It was, therefore, decided to limit the examination to the heart and the general condition as shown by external appearances and a brief inquiry into training and general health. At the finish, also, heart and general condition constituted the scope of the inquiry. The cold wind and the rain seemed to increase the exhaustion in many cases, though some runners thought the conditions favorable. The winner and second man were both strong and fresh when they reached the gymnasium, in spite of the somewhat spectacular finish in the street below. Foley, the fifty-year-old contestant, finished this, his third race, in excellent shape. None of those who completed the run were in an alarming condition, though several were much exhausted. Taken as a whole, it may be said to have been the best of the Marathon races, both as to the performance of the runners, and as to their physical condition at start and at finish. The examining physicians were:

John H. Cunningham, M.D.; H. K. Boutwell, M.D.; George Cogswell, M.D.; G. Blake, M.D.; F. H. Lahey, M.D.; J. B. Blake, M.D.

PREPARATIONS MADE FOR THE EVENT.

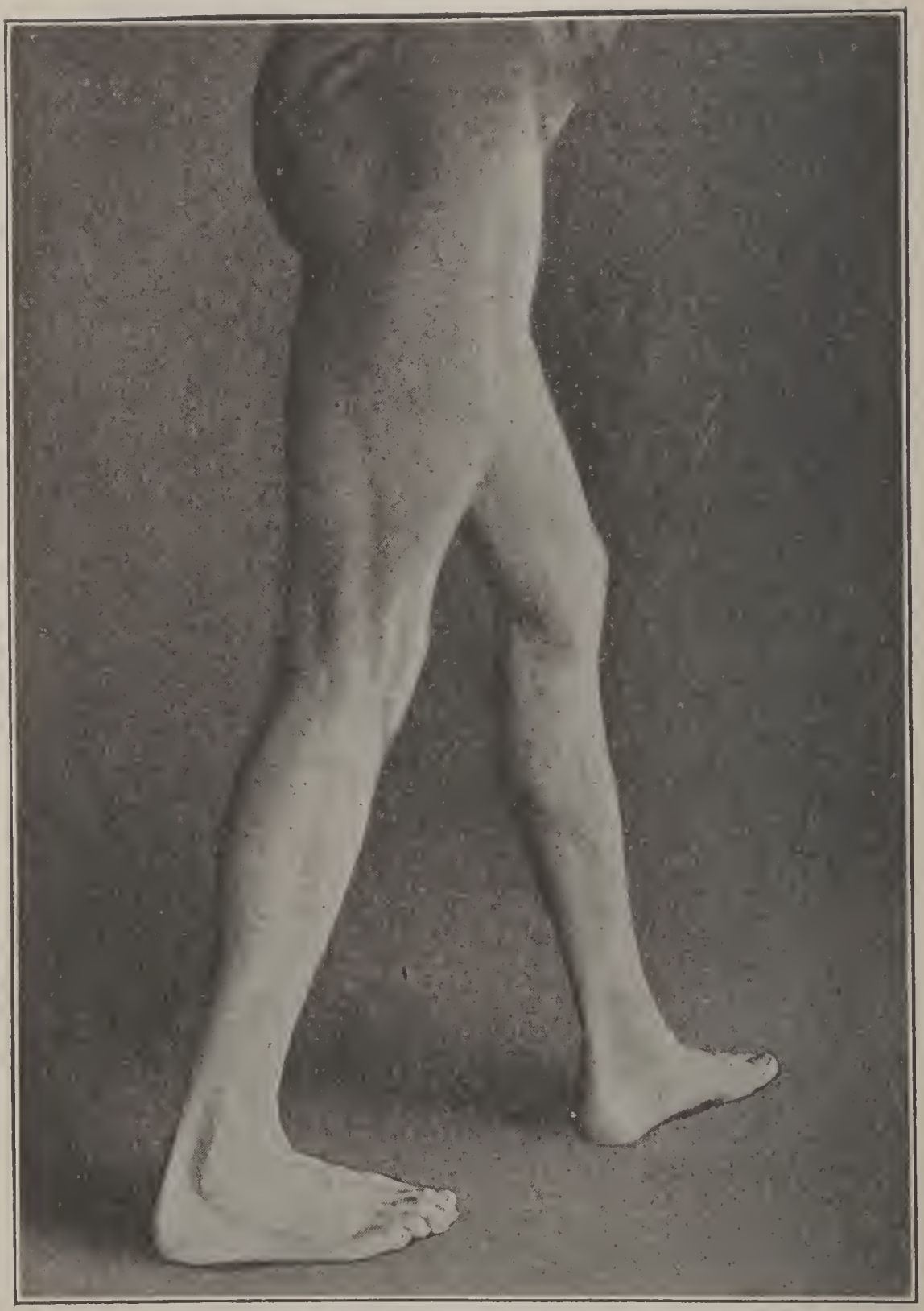
The following sample circulars and announcements of the Boston A. A. Marathon Race shows the thorough manner in which every detail is looked after, and is very useful to managers of a Marathon race on account of its completeness.

BOSTON ATHLETIC ASSOCIATION.

THIRTEENTH ANNUAL AMERICAN MARATHON RUN.

Ashland to Boston, Mass., April 19, 1909 (Patriots' Day).

On Monday, April 19, 1909 (Patriots' Day), the Boston A. A. will hold the Annual Open American Marathon Race, distance of twenty-five miles, over the same course as follows:



LEGS OF LONGBOAT.

Photo by Evening Journal.

Start near Stevens Corner, one mile beyond the depot at Ashland, down toward the depot, and in an almost straight road through South Framingham, Natick, Wellesley, Newton Lower Falls, to the large signboards on the right of the road, take road left on to the new boulevard which points directly through the Newtons, Chestnut Hill, leaving the Reservoir on the right, then Beacon Street, right into Exeter Street, finish at Boston A. A. Club House.

Each man will be accompanied by a bicycle rider, who will give all the necessary assistance. Start will be made at exactly noon. As the railroad runs parallel with the course for the greater part of the distance, every man may feel that the railroad train is handy, should he desire to stop. Each man's attendant will see that he is given every attention, and should the runner desire to stop, through any cause whatever, he will attend to him until he is safely aboard a train or car.

Intending competitors must realize that a course of training is necessary for such a long distance, and that it would be unwise to attempt to run in this race without preparation.

Prizes will be given to the first eight men and a souvenir to the following twenty-five men who may finish after the prize winners. Souvenirs will also be presented to each caretaker of all contestants being placed.

The start will be made at Ashland at 12 M. Arrangements will be made for the competitors at the hotel near the start.

All competitors must be registered athletes, in accordance with Amateur Athletic Union Rules.

Start at exactly noon.

No athlete under eighteen years of age will be allowed to compete.

The right to reject any entry is reserved.

The entry fee will be $1.00 and entries will close on April 14, 1909, with

GEORGE V. BROWN,
Boston A. A., Exeter St., Boston, Mass.

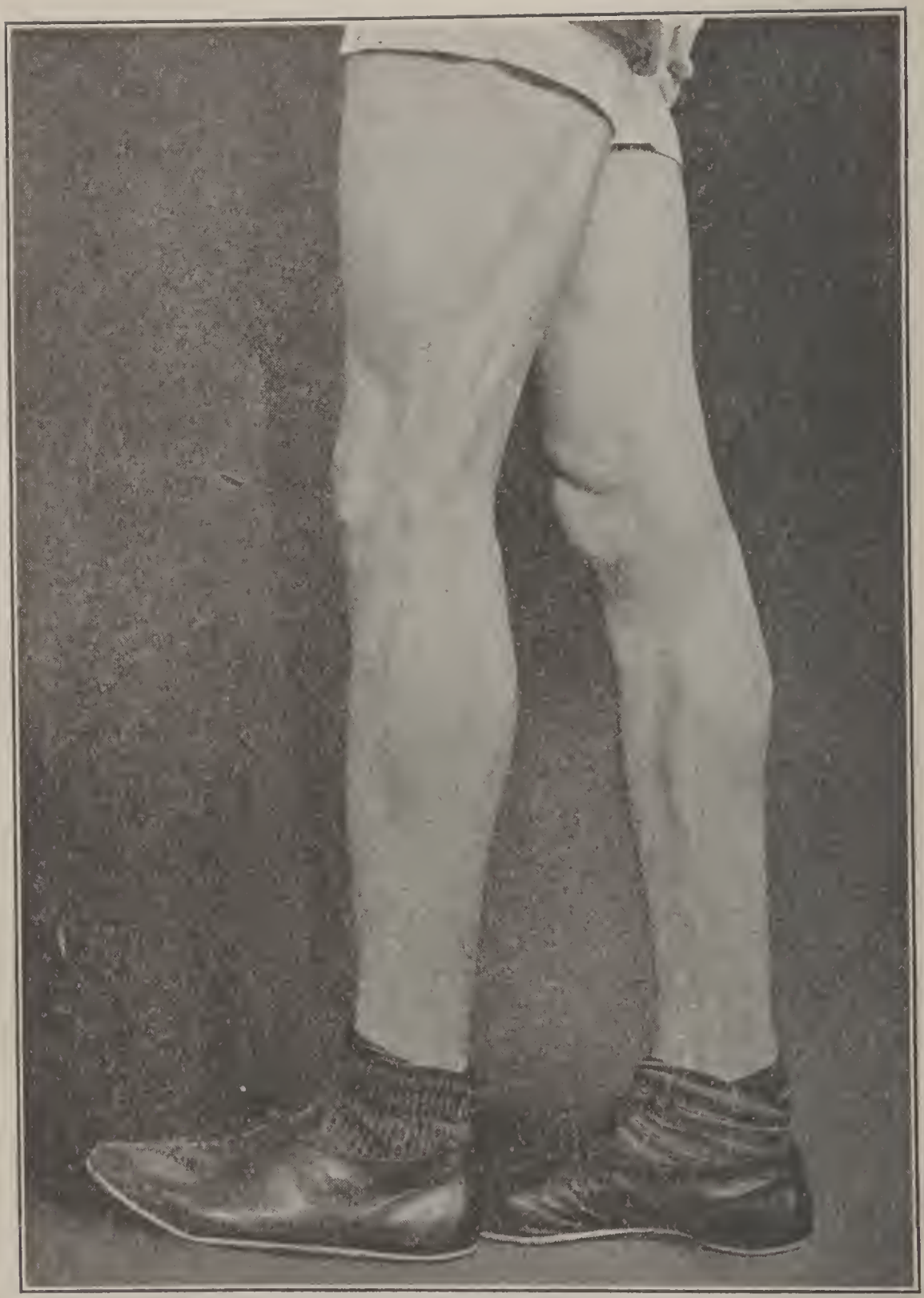
AMERICAN MARATHON.

HELD UNDER AUSPICES OF BOSTON ATHLETIC ASSOCIATION.

The attention of contestants and trainers is called to the following:

Boys under seventeen years of age cannot compete.

No severe work should be done in the week preceding the race. Long runs and tests of endurance should be finished before that time.



SHRUBB'S LEGS.

Photo by Evening Journal.

Take special care of the feet, bathing them in warm water, then in alcohol, and rubbing them with vaseline.

It is very important that the contestants should eat simple food, plainly cooked. Food should be eaten slowly and chewed thoroughly, and taken in moderate quantities. Avoid sweets and indigestible foods of all sorts. Drink water between meals.

Avoid ham, pork, fried meats, candy, sweet cakes and puddings, and eat plenty of fruit raw and cooked; stewed prunes, baked apples, apple sauce, oranges and grapes are particularly good.

Alcohol in any form is positively forbidden before, during and immediately after the race. It never does good and usually does harm. Avoid tobacco.

During training, sleep at least eight hours each night; have a window open in the sleeping room.

In practice, unless running hard, breathe through the nose.

Disregard of the foregoing shall be considered sufficient grounds for disqualification by the physician in charge.

Any further particulars desired may be obtained by applying to

GEORGE V. BROWN,
Boston A. A., Exeter St., Boston, Mass.

NOTICE TO COMPETITORS.

You will leave Boston at 7 A. M. and 9:15 A.M, via Boston & Albany R. R., South Terminal Station, for Ashland, at which place you will arrive at 7:50 and 10:05. Go to the hotel opposite the depot, where rooms will be provided for you to dress for the race, and you must be ready to start at 12 noon. You will be notified at the hotel, by the Clerk of the Course, as to the starting-place, etc., and can make arrangements for eating there, should you desire to do so. There must be no delay. You will be compelled to furnish your own eatables and drinks while on the road. The Bicycle Corps men will be provided with water-bottles; and this is all they are asked to provide. You will see that your clothes are done up in a small bundle, as the Bicycle Corps men will not carry dress-suit cases, but only a small bundle, and it would be better if you can have a friend there who will take care of your clothes. There will be an electric car leave Ashland after the race is started to carry any one to So. Framingham, at which place trains will leave at 12:18, 12:55 and 1:27 P.M. for Boston. These trains arrive at Irvington Street, Boston, which station is near the club-house. Each runner will have the assistance of two bicycle riders from the Massachusetts Volunteer Militia, who will give all the necessary assistance. Do not impose on them. They are just as anxious to bring you in at the finish as you are to get there yourself. The route will be as

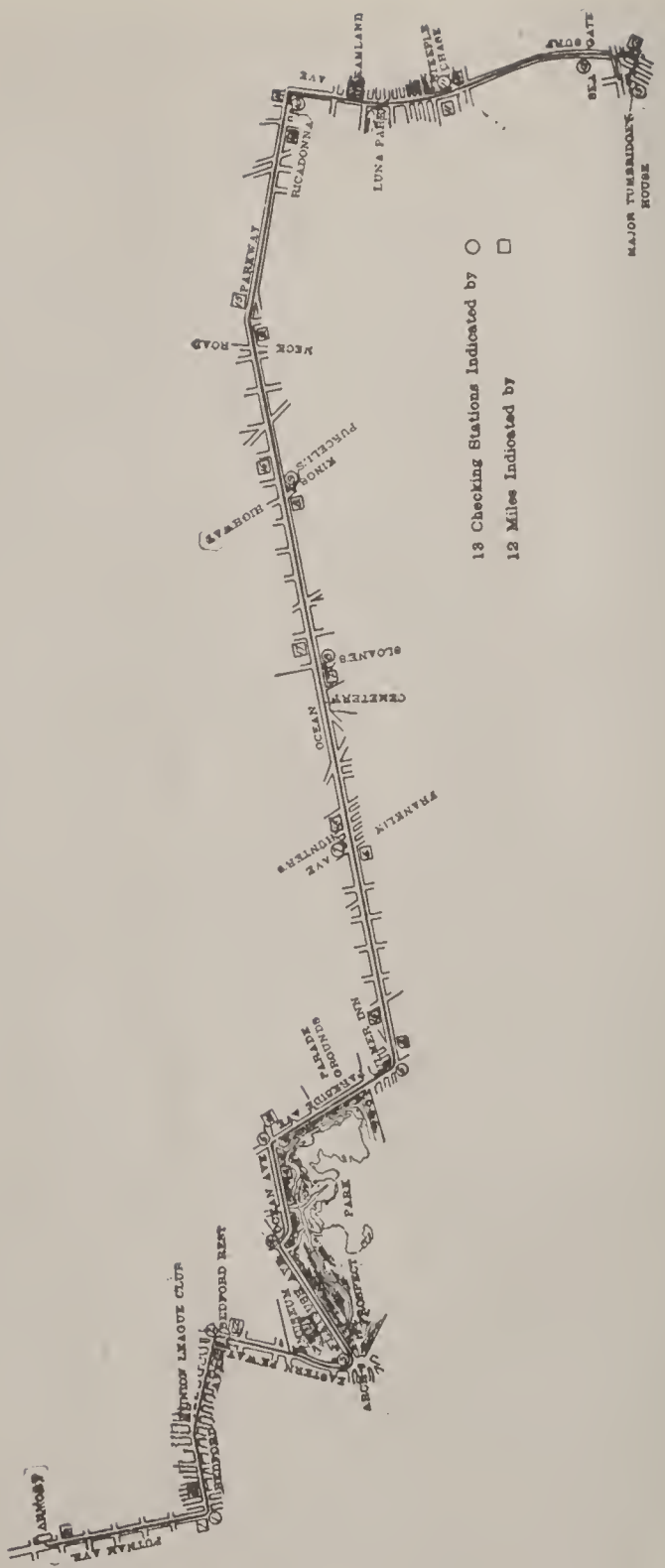


DIAGRAM OF COURSE MADE FROM BLUE PRINT FURNISHED THE RUNNERS IN THE BROOKLYN-SEA GATE MARATHON.

CLASSIC MARATHON RACES

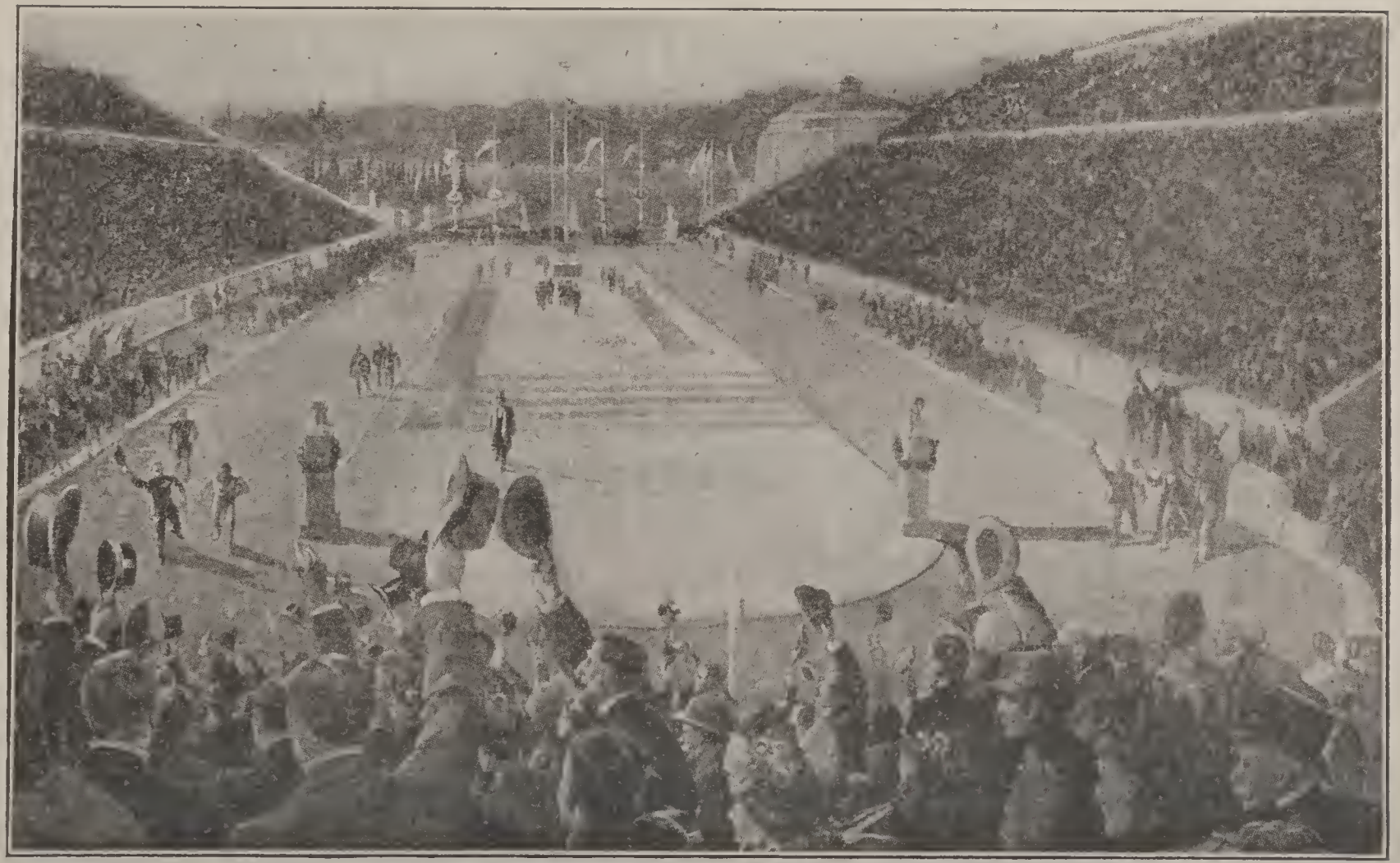
ATHENS MARATHON RACE, 1896.

The following account of this race is taken from "The Olympic Games," published by Charles Beck, Athens:

A great number of champions were entered for this race. The starters, to the number of twenty-five on the evening before the race, went to Marathon, where they passed the night, being in charge of a special commissioner. The following day, at 2 o'clock, they were taken to the bridge at Marathon, which had been chosen as the starting point. After having drawn their positions they were arranged in two lines. The race was started by Col. M. Papadiamantopoulos, who acted as official starter. The runners, lightly clad, strated off, followed by their attendants on bicycles, and officers on horseback, who guarded the journey. Doctors were stationed along the route to give aid in case of need. The race was attended by many dramatic incidents. At Pikermi the Frenchman, M. Lemursiaux, was leading, followed by the Australian Flack, the American Blake, the Hungarian Kelneso and then the Greek runners, the first being Laurentis. On the road the inhabitants of the Attican village took great interest in the runners, and it is a matter of record that they gave all the runners great encouragement without regard to their nationality, and offered them refreshments. Some of those who, through fatigue, retired from the race, were taken care of by friends.

In passing Pikermi, Loues, from Maroussi, took a glass of wine and asked information in relation to the preceding runners. At this point he was apparently in perfect condition and felt confident he would pass the leaders. Blake, the American, stopped after going about twenty-three kilometers, and Vassilakos went into third place. At Karvati, Lemursiaux was still leading, with Flack still second. The crown that the peasants had prepared under the arch of triumph as a prize for the first who arrived there was placed on the head of the Parisian; and then came the climb up the hill. The Frenchman was very tired, and was passed by Flack. Meanwhile Loues had been gradually drawing nearer to the leaders; he was followed by a crowd from his village, forming a sort of guard of honor.

About the thirty-second kilometer Lemursiaux, the Frenchman, staggered and fell and was taken away. At the thirty-third kilometer Loues catches Flack and passes him and continues in



THE FINISH OF THE 1896 OLYMPIC MARATHON.
Loues winning, accompanied by Prince George of Greece.

the lead until the thirty-sixth kilometer. At the thirty-seventh kilometer Loues increases his lead and Flack, despairing of victory, collapses and is carried away unconscious. Loues' arrival at the school Rhezari is announced by a cannon being fired, and the crowd along the road salute him as victor with shouts of encouragement.

At the Stadium the spectators are anxiously waiting and are scarcely able to sustain their impatience; notwithstanding the interesting events, such as pole vaulting, high jumping, etc., it is impossible to fix the attention of the crowd. Suddenly a rumor is heard that the Australian is first, but the error does not last long. The starter of the race enters the Stadium and announces to the Royal Box that Loues was first. The news spread with the rapidity of lightning. The roar of the cannon announces the arrival of the Hellenic victor. All eyes were fixed on the entrance to the Stadium. After some moments, which appear like centuries, in came the victor dressed in white, sunburned and covered with dust. This is Loues, the winner of the first Marathon of modern days. The Crown Prince and Prince George run with him, one on his right and the other on his left. Loues reaches the royal box and bows before His Majesty the King, who arises and waves his yachting cap in enthusiasm. Loues finished fatigued, but not exhausted. He has completed the distance of 40 kilometers in 2 hours 58 minutes and 20 seconds. Vassilakos finishes second in 3 hours 6 minutes 3 seconds. A young Athenian, M. Belokas, finished third in 3 hours 6 minutes 30 seconds. The Hungarian, Kelneso, was fourth.

In connection with the Marathon Race at Athens in 1896 Manager Graham, who took care of the American team, made the following remarks: "On the day of the Marathon Race, which was about twenty-five miles, the entire Grecian Army patrolled the course, and troopers rode behind the contestants to care for any who fell. Many of the runners cast aside their footwear, and very sensibly too, for the track was soft in some places. But for this Blake would have done better. He withdrew after going twenty miles. Loues, the Greek, who won the race, has wonderful powers of endurance. This may be said of all the Greeks. If it came to a question of endurance alone, I fear the Americans would have fared badly. The Greeks are practically novices in athletics, but they learn quickly and will soon have some good men."

ATHENS MARATHON RACE, 1906.

A Greek did not win the Marathon race, and for the good it would have done sport, it is too bad that a runner of that nation-

THE FINISH OF THE MARATHON RACE, ATHENS, 1906.
M. D. Sherring, of Canada, the winner of the classic event, entering the Stadium, accompanied by Prince George.

ality did not carry off the honors. To be sure, we all give great credit to W. J. Sherring of Canada. He ran a plucky race and used great judgment throughout and is entitled to all the glory that naturally goes with a victory in this the most important race of the Olympic Games.

The Greeks felt confident that they would win this event. Not only the Greeks but the representatives from a great many of the foreign countries predicted that Greece would surely have the winner. Among the Greeks themselves the greatest confidence prevailed. In discussing the race before it took place they would claim that "Greece had a very large entry in it; their men knew the course; the others did not, and furthermore, didn't they win the Marathon Race in 1896?" They seemed to place too much reliance on Loues' win in 1896.

The field in 1906 was a different one. The men that came there from foreign countries were trained athletes—training for years. The competitors in the Marathon race were the pick of distance runners in their respective countries, and, as a result, the Greeks never had a chance, the first Greek home finishing fifth. It was clearly evident from observation and investigation that the Greeks did not go into the training of their Marathon men in a scientific manner. It is too bad they did not, for had they won I doubt if there would have been a man in the Stadium that would have been displeased.

The Marathon race, of course, is a Greek event, and no amount of changing can alter it. The distance is about 26 miles. It starts from Marathon and finishes in the Stadium. The race was very well managed, the course patrolled perfectly, and no complaint can possibly be made by any of the contestants. There was not a soldier left in the barracks on the day of the Marathon race; they were all out on the course, to see that everything was conducted fairly. At about every five miles there was an emergency tent, with medical attendants to take care of those who desired to discontinue the race. Mounted officers followed the leaders, changing their mounts at about every five miles.

The committee sent all of the contestants, numbering fifty-three, to Marathon the night before the race. This was quite a large number. It was said that the accommodations there were not up-to-date, and complaints were heard from some of the runners. It would have been better had the runners been sent out in the day of the race, instead of the night before, and they would have stood the journey much better.

The race was started promptly at 3 P.M., and immediately the official watches were dispatched to the Stadium in charge of Reginald Caridia. At the crack of the starter's pistol, Blake, the Australian, jumped to the lead; Will Frank, the American,

SVANBERG, SWEDEN, WINNER OF SECOND PLACE IN THE ATHENS MARATHON RACE, 1906.
Photograph taken after his passing the Royal Family.

Copyright by Bowden Bros., London, Eng.

was next and Daly of Ireland was third. These positions were maintained by the runners for the first four miles, when Frank took the lead. He lead from about the fourth to the seventh mile, when Blake again took the lead, which he kept till about fifteen miles had been covered. Frank was second and Sherring third. At this point Sherring, who was running quite easily and with no effort whatever, took the lead and was never headed. Frank kept in second place until within a few miles of home when the Swede, Svanberg, passed him. Sherring, continuing first, had no trouble whatever in taking a decided lead and reached the Stadium eight minutes ahead of the second man.

As Sherring entered the Stadium he was met at the door by Prince George, who ran with him the entire length of the Stadium, applauding him vigorously. The 80,000 people within the Stadium were Greek sympathizers, but they took their cue from the sportsmanlike conduct of the Prince and cheered Sherring as no victor was ever cheered before in an athletic contest. The King and the members of the Royal Family applauded him, and a large bouquet of flowers was sent to him by Queen Olga. As Sherring entered the marble arch doorway leading to the dressing room it was through a shower of roses that he went, which certainly must have gratified that plucky victor.

On the day of the Marathon race it looked as though the people from all parts of Greece were congregated in the Stadium or its vicinity—at the gates and on the Hill of Ardettos—and on the Marathon road for miles out. The contestants themselves say that they never saw such a crowd as lined the roads for at least five miles from the Stadium gate. There must have been 150,000 spectators on the road, in addition to 80,000 in the Stadium and 40,000 on the hills surrounding the Stadium—a spectacle long to be remembered.

It is only fair to Frank to say that he was for a long time without an attendant, the attendant assigned to him having the misfortune to have his bicycle break down, which of course was to Frank's disadvantage.

The Greeks started enough men in this race to win, for the clerk of the course checked up no less than thirty-three Greek starters.

Following will be found the names of the first fourteen men home:

W. J. Sherring (Canada), Great Britain, first; John Svanberg, Sweden, second; W. G. Frank, America, third; G. Tornros, Sweden, fourth; J. Alepous, Greece, fifth; George Blake, Austria, sixth; K. Karvellas, Greece, seventh; Rofi, France, eighth; B. Koskoris, Greece, ninth; C. H. Ntabaris, Greece, tenth; G. Chountoumadis, Greece, eleventh; J. Forshaw, America, twelfth;

Wm. Sherring, of Canada (the winner). Geo. Blake, Australia.

W. G. Frank, America (who finished third).

MARATHON RACE, OLYMPIC GAMES, ATHENS, 1906.—SCENES ON THE ROAD.

Photos by Paul Pilgrim.

V. L. Negrepontes, Turkey, thirteenth; N. J. Cormack, England, fourteenth.

Time, 2 hours 51 minutes 23 3-5 seconds.

Won by 7 minutes. Frank's time, 3 hours 46 4-5 seconds.

The Greek Committee had special rules drawn up for the Marathon race. The race was run on the high road from Marathon to Athens, which is steep and hilly until within a couple of miles of the Stadium, and is a hard course. The road is built of macadam and was fairly good going. The day on which the Marathon racé was run was frightfully hot, which affected the runners a great deal. Each contestant was entitled to be followed by one handler on a bicycle, bearing on his chest the same number as that of the contestant. He was permitted to offer the contestant medicines or refreshments at any time during the race. If the runner was attended by two or more handlers he was immediately disqualified, and each entry had to declare the name of his handler before the race was started. It was not necessary, however, for one handler to follow a man the entire distance. The runner could declare separate handlers at various points of the road. They would have to bear the same number as the contestant, however, but of different colors, each section of the road being designated by a certain color. Immediately on reaching the arch in front of the Stadium the handler must leave the runner and enter by a different gate. Each contestant before being allowed to start was examined as to his physical condition.

The start of the race was witnessed by about 300 peasants who took great interest in it. For the first twenty miles of the race the runners ran through knots of people, but no large crowds. The crowds began to increase about five miles from home and from this point on the officers in charge at times had to use force to get a space of three feet for the men to come through.

Frank and Sherring ran together for several miles of the journey, and at about the eighteenth mile, when Sherring was leaving Frank he called out: "Well, good-bye, Billy," and off he went on his triumphal run.

THE LONDON MARATHON.

Held in connection with the Olympic Games at London, 1908.

With the exception of the regrettable accident at the finish of this race it was undoubtedly one of the best managed Marathon races ever held. The result shows that the English style of running the first fifteen miles at a heart-breaking pace will not do in a Marathon race. Throughout the race the Americans ran according to a schedule they had mapped out, and paid abso-

lutely no attention to the very fast pace set by the Englishmen in the early part of the race. The race was started on the east lawn of Windsor Castle, and finished in the Stadium, a distance of 26 miles 385 yards. The race was won by John J. Hayes, of the American team, in 2 hours 55 minutes 18 2-5 seconds. Hayes is to be congratulated on the head work he displayed throughout the entire race. Had Dorando given as much attention to pace as Hayes did, he would have been able to finish the race and would not have collapsed as he did within 440 yards of the finish. The following list shows how the men finished and their times:

	H.	M.	S.
1—J. J. Hayes, U. S. A.	2	55	18 2-5
2—C. Hefferon, South Africa	2	56	6
3—J. Forshaw, U. S. A.	2	57	10 2-5
4—A. R. Welton, U. S. A.	2	59	44 2-5
5—W. Wood, Canada	3	1	44
6—F. Simpson, Canada	3	4	28 1-5
7—H. Lawson, Canada	3	6	47 1-5
8—J. F. Svanberg, Sweden	3	7	50 4-5
9—L. Tewanina, U. S. A.	3	9	15
10—Nieminen, Finland	3	9	50 4-5
11—J. Caffery, Canada	3	12	46
12—W. T. Clarke, U. K.	3	16	8 3-5
13—E. Barnes, U. K.	3	17	30 4-5
14—S. H. Hatch, U. S. A.	3	17	52 2-5
15—F. Lord, U. K.	3	19	8 4-5
16—W. Goldsboro, Canada	3	20	7
17—J. G. Beale, U. K.	3	20	14
18—A. Nejedky, Bohemia	3	26	26 1-5
19—G. Lind, Russia	3	26	38 4-5
20—W. W. Wokker, Holland	3	28	49
21—G. Tornros, Sweden	3	30	20 4-5
22—G. Goulding, Canada	3	33	26 2-5
23—J. Jorgensen, Denmark	3	47	44
24—A. Burn, Canada	3	50	17
25—E. Rath, Austria	3	50	30 2-5
26—R. C. Hansen, Denmark	3	53	15
27—G. Lister, Canada	4	22	45

BOSTON ATHLETIC ASSOCIATION MARATHON.

The first Marathon race in this country was held under the auspices of the Boston Athletic Association on April 19, 1897, one year after the first team from the United States competed at Athens. Mr. John Graham, athletic manager of the Boston Athletic Association, was the promoter of this race. The start was made at Ashland, Mass., and the finish was at the Irvington Oval on Irvington Street, Boston, twenty-five miles from the start. The race was won by J. J. McDermott of the Pastime A. C., New York; time, 2 hours 55 minutes 10 seconds, and this time put in the shade the performance made by the Greek peasant, Spiros Loues, from Marathon to Athens. Tom Burke, a member

of the Olympic team in 1896, was clerk of the course and starter of this race. There were fifteen starters. Six of the fifteen were New Yorkers, Hamilton Gray, the well-known New York runner, being one of them. It was a well-known fact that these fifteen men were at that time considered fit candidates for an insane asylum at the idea of running twenty-five miles. Dick Grant, representing the Knickerbocker A. C., was one of the entries, and a great favorite in this race. At Auburndale McDermott was leading by almost a mile. At the finish there were 500 people at the Boston Athletic Association club house. Mr. Marland L. Pratt of the Boston Athletic Association was the referee. The order of finish and the times were as follows:

	H.	M.	S.
J. J. McDermott, Pastime A. C., New York	2	55	10
J. J. Kiernan, St. Bartholomew's A. C., New York	3	02	02
E. P. Rhell, Jamaica Plain	3	06	02
Hamilton Gray, St. George's A. C., New York	3	11	37
H. D. Eggleston, Pastime A. C., New York.	3	17	50
J. Mason, Star A. C	3	31	00
W. Ryan, St. Bartholomew's A. C., New York	3	41	25
L. Brignoli, Bradford	4	06	12

McDermott lost nine pounds during the race.

In 1898 there were twenty-one starters, twelve of them being New Yorkers, the finish being as follows:

	H.	M.	S.
R. McDonald, Cambridgeport Gymnasium Association	2	42	00
H. Gray, St. George's A. C., New York	2	45	00
R. A. McLean, East Boston A. A	2	48	02
J. J. McDermott, Pastime A. C., New York	2	54	17 2-5
L. Brignoli, Bradford	2	55	49 2-5
E. Estoppey, Jr., Pastime A. C., New York.	2	58	49 2-5

In 1899 there were seventeen starters, eleven of them finishing, the finish being as follows:

	H.	M.	S.
L. Brignoli, Cambridgeport Gymnasium Association	2	54	38
Dick Grant, Knickerbocker A. C., New York	2	57	46
B. Sullivan, Highland Club	3	02	01
J. B. Maguire, Cambridgeport Gymnasium Association	3	04	59
E. Estoppey, Jr., Pastime A. C., New York.	3	13	34
D. J. Sullivan, Highland Club, Roxbury	3	21	30
J. C. Lynch, Pastime A. C., New York	3	23	51
J. H. Kelly, Pastime A. C., New York	3	30	12
J. E. Ennright, Pastime A. C., New York	3	39	15
D. P. Harrigan, Highland Club	3	44	45

There was a heavy gale during the race, the wind blowing in the contestants' faces, but the event was witnessed by thousands of people. Larry Brignoli, the winner, weighed 161 pounds at the start, and weighed 155 pounds at the finish, losing six pounds.

He was in perfect condition at the finish, and the doctors stated he had a wonderful heart. McGuire lost 9 and one-half pounds.

In 1900 there were twenty-nine starters, twenty-six finishing, the finish being as follows:

	H.	M.	S.
J. J. Caffrey, Hamilton, Canada	2	39	44 2-5
W. Sherring, Hamilton, Canada	2	41	31 3-5
F. Hughson, Hamilton, Canada	2	49	08
J. B. Maguire, Cambridgeport Gymnasium Association	2	51	36 2-5
James Fay, Roxbury	2	55	07 1-5
T. J. Hicks, Cambridge	3	07	19 1-5
B. F. Sullivan, Roxbury	3	13	20 1-5
Dick Grant, Cambridgeport Gymnasium Association	3	13	57

Brignoli, winner of last year, was a contestant, but did not finish. Caffrey finished in good shape.

In 1901 there were thirty-six starters, the finish being as follows:

	H.	M.	S.
J. J. Caffrey, Hamilton, Canada	2	29	23 3-5
William Davis, Hamilton, Canada	2	34	45 2-5
S. A. Mellor, Yonkers, N. Y.	2	44	34 2-5
C. Crimmins, Cambridgeport Gymnasium Association	2	47	15 3-5
T. J. Hicks, Cambridgeport Gymnasium Association	2	52	32 2-5
P. Lorden, Cambridgeport Gymnasium Association	2	55	49 3-5
James McAuliffe, Cambridgeport Gymnasium Association	2	56	44 3-5
E. Grusell, New York	3	02	24 1-5

Caffrey repeated his win of the previous year, showing him a peerless runner at this distance.

In 1902 there were forty-two starters, the newspapers giving considerable space to the event and attracting attention which resulted in more than 100,000 people witnessing the event. The finish was as follows:

	H.	M.	S.
S. A. Mellor, Hollywood Inn, Yonkers, N. Y.	2	43	12 2-5
J. J. Kennedy, St. Philip's A. C., Boston	2	45	21 4-5
J. C. Lorden, Cambridgeport Gymnasium Association	2	54	49 4-5
C. Moody, Brighton High School	3	03	47 2-5
W. A. Schlobohm, Hollywood Inn, Yonkers, N. Y.	3	05	49 3-5
Ernest Poole, Cambridge Y. M. C. A.	3	07	14 2-5
E. F. O'Brien, South Boston	3	09	15 3-5
W. M. Hunter, New Haven	3	09	50 2-5
J. Flynn, South Boston	3	13	15
A. E. Ziegler, Riverside A. C.	3	20	20
E. L. Le Moiner, Boston	3	22	53
E. Estoppey, Jr., New York	3	23	20

In 1903 there were seventy entrants, forty-five of whom finished.

	H.	M.	S.
John C. Lorden	2	40	29 4-5
S. A. Mellor	2	47	13
M. Spring	2	53	01 1-5
F. Lorz	2	53	42 2-5
J. J. Donovan	3	01	37 2-5
A. E. Ziegler	3	01	53
E. Fay	3	04	50 2-5
J. S. Hunt	3	06	40
J. A. Leadbetter	3	08	14
J. P. Coakley	3	10	47
T. F. Cook	3	14	56

TIME OF LEADERS AT POINTS NAMED.

	H.	M.	S.
South Framingham	0	23	30
Natick	0	46	30
Wellesley	1	04	35
Wellesley Hills	1	12	45
Newton Lower Falls	1	21	40
Woodland Park Hotel	1	31	25
Reservoir Car Station	2	01	55
Reservoir	2	09	25
Coolidge Corner	2	23	30

In 1904 there were sixty-four starters, thirty-four of whom finished.

	H.	M.	S.
M. Spring, New York	2	38	04 2-5
T. J. Hicks, Cambridgeport Gymnasium Association	2	39	34 1-5
Thomas Coqk, St. Bartholomew's A. C., New York	2	42	35
William Schlobohm, Yonkers, N. Y.	2	43	48 3-5
Fred Lorz, Mohawk A. C., New York	2	44	00 4-5
S. A. Mellor, Mohawk A. C., New York	2	44	43 2-5
J. Easley, Cambridge	2	46	30 4-5
D. Bennett, Hamilton, Canada	2	50	35 3-5
F. I. Perreault, Century Road Club	2	52	45
T. F. Hunt, St. Bartholomew's A. C., New York	2	53	15 3-5

In 1905 there were eighty-five entries, thirty-eight of whom finished.

	H.	M.	S.
Fred Lorz	2	38	25 2-5
Louis Marks	2	39	50 4-5
Robert A. Fowler	2	41	07 1-5
H. F. Miller, Jr.	2	42	00 4-5
E. S. Farnsworth	2	43	01 2-5
D. J. Kneeland	2	48	32
T. J. Sullivan	2	52	47
John J. Kennedy	2	53	17 2-5
M. J. O'Neil	2	53	56 4-5
T. F. Hunt	2	54	51 1-5

In 1906 there were one hundred and eight entries, forty-nine of whom finished.

	H.	M.	S.
Timothy Ford, Cambridgeport Gymnasium Association	2	45	45
D. J. Kneeland, Roxbury A. A.	2	45	51
T. P. Morrissey, Yonkers, N. Y.	2	53	41
Frank Lafforgne	2	53	56
John J. Hayes	2	55	38 4-5
M. J. O'Neil	2	56	55 2-5
T. J. Sullivan	3	02	06
B. Mann	3	02	06 3-5
W. F. Prouty	3	07	11
H. A. Brawley	3	08	11 3-5
J. D. McCherry	3	08	12 1-5
Bennett Jacobs	3	18	12 3-5
H. Goldberg	3	09	21 4-5

In 1907 there were one hundred and twenty-six entries from all over the country, and Longboat made the record for a Marathon.

	H.	M.	S.
Thomas Longboat, West End Y. M. C. A.	2	24	24
Robert A. Fowler, Cambridgeport Gymnasium Association	2	27	54 4-5
John J. Hayes, St. Bartholomew's A. C., New York	2	30	38 3-5
James O'Mara, Cambridgeport Gymnasium Association	2	35	37 2-5
James J. Lee, St. Alphonsus A. A.	2	36	04
Charles E. Petch, Hamilton, Canada	2	36	47
S. H. Hatch, Chicago	2	37	11 4-5
J. H. Neary, Natick	2	37	59
John Lindquist, Sweden	2	38	58 1-5
Carl Schlobohm, Yonkers, N. Y.	2	42	02
Arthur Schlichting	2	44	50
D. J. Kneeland	2	45	54

In 1908 there were one hundred and twenty starters.

	H.	M.	S.
T. P. Morrissey, Mercury A. C.	2	25	43 1-5
John J. Hayes, Irish-American A. C., New York	2	26	04
Robert A. Fowler, Cambridgeport Gymnasium Association	2	26	42
Michael J. Ryan, Irish-American A. C., New York	2	27	08
William Wood, Somerville	2	27	48
James J. Lee, Boston A. A.	2	28	34
Fred Lorz, Mohawk A. C., New York	2	32	20
S. A. Mellor, Jr., Mercury A. C., Yonkers, N. Y.	2	41	17
A. Roy Welton, Lawrence Y. M. C. A.	2	43	25
J. Goff, Cambridgeport Gymnasium Ass'n	2	43	54
C. Andrews, Xavier A. A.	2	44	10
R. K. Wentworth, Lynn	2	44	31

TIME OF LEADER AT POINTS NAMED.

	H.	M.	S.
South Framingham	0	21	49 4-5
Natick	0	42	10 2-5
Wellesley Hills	1	07	28
Newton Lower Falls	1	13	47 1-5
Woodland Park Hotel	1	22	54
Reservoir Car Station	1	53	27
Coolidge Corner	2	10	17 1-5
Finish	2	25	43 1-5

THE FIRST NEW YORK MARATHON RACE.

The first Marathon Race held in New York City was given under the auspices of the Knickerbocker Athletic Club, on Saturday, September 19, 1897, the course being from Stamford, Conn., to Columbia Oval, New York. There were thirty entries for this race, eighteen of whom finished. The distance was twenty-five miles, and it was won by John J. McDermott of the Pastime A. C., of New York, in 3 hours 25 minutes 55 3-5 seconds. McDermott finished strong and in good condition. The following is a list of those that finished and their times:

	H.	M.	S.
J. J. McDermott, Pastime A. C.	3	25	55 3-5
H. Gray, St. George's A. C.	3	28	27
Louis Liebgold, New Jersey A. C.	3	36	58 4-5
E. Estoppey, Jr., Mount Vernon C. C.	3	49	00
E. H. Baynes, K. A. C.	3	55	00
E. Dorgan, Catholic Club, Jersey City	3	57	00
J. J. Kiernan, St. Bartholomew's A. C.	4	00	00
O. H. Christensen, New Jersey A. C.	4	2	00
W. Vash	4	4	00
J. Davis, St. George's Field Club	4	5	00
M. J. McCarthy, Co. B., Irish Volunteers	4	25	00
S. Walters, Williamsbridge A. A.	4	30	00
B. F. Carlock, Harlem Branch Y. M. C. A.	4	46	00
J. Flanagan, St. Bartholomew A. C.	4	51	00
J. Emslie, New West Side A.C.	4	55	00
J. Cliff, Manchester Harriers	4	59	00
G. P. Sylvester, Harlem Branch	4	59	00
M. Regan, New West Side A. C.	5	00	00

CANADA'S NATIONAL ROAD RACE.

The "J. J. Ward Marathon" was inaugurated in October, 1906, by Mr. J. J. Ward of Toronto, who offered a beautiful silver trophy for an annual race. In addition to this some fifty gold and silver medals were given to the winners. The trophy was won three times in succession by Thomas Longboat, an Onondaga Indian. The race is to be continued, Mr. Ward having purchased another trophy. The following are the records of the three races:

1906—Distance, 15 miles; winner, Thomas Longboat of the Six Nations Indians, Caledonia; time, 1h. 31m. 10 2-5s.; second, W. B. Goldsboro, Central Y.M.C.A., Toronto; time, 1h. 33m. 52s.; third, William Lebarre, St. Patrick's A.C., Hamilton; time, 1h. 34m. 58s.; leader at 5 miles, W. F. Cumming, Central Y.M.C.A.; time at turn, 7 1-2 miles, 46m. (Longboat was on Cumming's heels at turn); leader at 10 miles, W. F. Cumming; 62 started.

1907—Distance, 18 miles; winner, Thomas Longboat, Irish-Canadian A.C., Toronto; time, 1h. 41m. 40s.; second, Harry Lawson, West End Y.M.C.A.; time, 1h. 44m. 59s.; third, John Tait, West End Y.M.C.A., Toronto; time, 1h. 47m. 21s.; leader at 5 miles, P. C. Sellen, I.C. A.C.; leader at turn, 9 miles, Longboat, 51m.; leader at 10 and 15 miles, Longboat; 93 started.

1908—Distance, 19 1-4 miles; winner, Thomas Longboat, Irish-Canadian A.C., Toronto; time, 1h. 59m. 29s.; second, John Roe, West End Y.M.C.A., Toronto; time, 1h. 59m. 30s.; third, Fred Meadows, West End Y.M.C.A.; Toronto; time, 2h. 2m. 56s.; Longboat led from the second mile; time at turn, 9 5-8 miles, 59m.; 153 starters.

Pan-American Exposition, Buffalo, N. Y.—Held July 4, 1901; won by S. A. Mellor, Jr., Hollywood Inn A.A., Yonkers, N. Y.; distance, 25 miles; time, 3h. 16m. 39 2-5s.

Olympic Games, St. Louis, Mo., 1904.—Won by Thomas J. Hicks, Cambridge (Mass.) Y.M.C.A.; distance, 25 miles; time, 3h. 28m. 53s.; there were 29 starters, 14 of whom finished in following order: Thos. J. Hicks, Albert J. Corey, A. L. Newton, Felix Carvhal, D. Velhonis, D. J. Kneeland, H. A. Brawley, S. H. Hatch, Lentauw, C. Zehouritis, F. P. Devlin, Yamasanir, John Thula, A. I. Iconomou.

Missouri A.C. Marathon Races.—Held under the auspices of the Missouri A.C., St. Louis; distance, 25 miles: 1905 (May 6)—Joseph Forshaw, Missouri A.C. (3h. 15m. 57 2-5s.), won; Sidney Hatch, unattached (3h. 37m.), second; Felix Carvajol, Missouri A.C. (3h. 44m.), third. 1906 (May 5)—Sidney Hatch, River Forest A.C. (2h. 46m. 14 2-5s.), won; Alex. Thibeau, unattached (2h. 47m. 22s.), second; Louis Marks, First Regiment A.C., Chicago (3h. 14m. 39 3-5s.), third. 1907 (June 1)—Sidney Hatch, River Forest A.C. (2h. 39m. 26s.), won; Alex. Thibeau, First Regiment A.C., Chicago (2h. 48m. 40s.), second; Charles Trefts, St. Louis Y.M.C.A. (3h. 14m. 3 2-5s.), third. 1908 (May 2)—Sidney Hatch, First Regiment A.C., Chicago (2h. 29m. 56 2-5s.), won; Joseph Forshaw, Missouri A.C. (2h. 30m. 2-5s.), second; Alex. Thibeau, First Regiment A.C., Chicago (2h. 37m. 45 2-5s.), third.

Illinois A.C., Chicago, Marathons.—Distance, 25 miles; 1905, won by Rhud Metzner, Illinois A.C.; time, 3h. 15m.; 1906, won by Dennis Bennett, Hamilton, Canada; time, 2h. 41m. 33s.; 1907, won by Alex. Thibeau, First Regiment A.A.; 1908, won by Albert L. Corey, unattached; time, 2h. 57m. 30s.

Central Association, A.A.U., Marathon.—Held at Chicago, June 30, 1906; distance, 25 miles; won by T. J. Hicks, Boston, Mass.; time, 3h. 2m.

Mercury A.C. Marathon.—Held at Yonkers, N. Y., November 28, 1907; distance, 25 miles; won by J. J. Hayes, St. Bartholomew A.C., New York; time, 2h. 43m.

Brockton Marathon.—Distance, 23 miles, from Boston to Brockton, Mass.; won by J. O'Mara, Cambridge; time, 2h. 35m. 24 4-5s.; O'Mara finished in good condition and was a couple of minutes ahead of the second man; the following list shows how the men finished: J. O'Mara, 2h. 35m. 24 4-5s.; E. G. Ryder, 2h. 37m. 23 4-5s.; Charles Henry, 2h. 38m. 33 4-5s.; S. A. Mellor, 2h. 41m. 43 4-5s.; A. J. Hayden, 2h. 44m.

Yonkers Marathon.—Held November 26, 1908, under the auspices of the Mercury A.C., Yonkers, N. Y.; distance, 26 miles; won by J. F. Crowley, Irish-American A.C., New York City; time, 2h. 49m. 16 2-5s.; Crowley finished the race strong and in good shape. S. A. Mellor, Mercury A.C., was second; R. A. Fowler, Cambridge, Mass., third. Louis Tewanina, the Indian from Carlisle Indian School, led for eighteen miles, when Crowley passed him; Tewanina finished fourth.

The American Marathon.—Held January 8, 1909, under the auspices of the Madison Square Athletic Club, at Madison Square Garden, New York; won by Matthew Maloney, Trinity Club, Brooklyn, N. Y.; time for the full distance, 26 miles 385 yards, 2h. 54m. 45 2-5s.; 32 starters; the following shows the positions of the leaders at different stages of the race:

Miles.	H.	M.	S.	Miles.	H.	M.	S.
1 Mellor	..	4	56 2-5	15 Crowley	1	32	15
3 Mellor	..	16	56 4-5	18 Maloney	1	53	20
6 Mellor	..	34	21	21 Maloney	2	14	35
9 Mellor	..	52	49 2-5	23 Maloney	2	29	06
12 Mellor	1	11	40	Finish—Maloney	2	54	45 2-5

The following records were made by Crowley and Maloney during the race:

Miles.	H.	M.	S.	Miles.	H.	M.	S.
16 Crowley	1	39	7	22 Maloney	2	21	44
17 Crowley	1	46	7	23 Maloney	2	29	6
18 Maloney	1	53	20	24 Maloney	2	36	51
19 Maloney	2	..	15	25 Maloney	2	44	50
20 Crowley	2	7	11	26 Maloney	2	53	6
21 Maloney	2	14	35	26 miles 385 yards, Maloney	2	54	45 2-5

MARATHON RACING RULES

RULES UNDER WHICH THE 1906 MARATHON RACE AT ATHENS WAS RUN.

(From the Official Prospectus.)

MARATHON RACE—ARTICLE 13.

(*a*) The Marathon race, 42 kilometers (26 miles), is run on the high road from Marathon to Athens.

(*b*) The starting line is drawn at a point on the road situated 42 kilometers (26 miles) from the goal, which is fixed in the Stade.

(*c*) The competitors are followed by an equal number of officials on horseback or on bicycles.

(*d*) Any runner who impedes the progress of another competitor will be disqualified, as was arranged in regard to other races. In the same way, any runner who shall have attempted to shorten the route, by cutting across or by using any other means of locomotion, will be disqualified.

(*e*) The place of each competitor is determined by lots. If the runners are too numerous, two or more rows according to requirement will be formed at the start.

(*f*) Each runner is entitled to be followed by a person carrying refreshments, or one commissioned to render him first medical aid during the course of the race.

This person may under no circumstances precede the runner, and the latter is immediately disqualified should the follower have impeded the progress of a competitor.

RULES UNDER WHICH THE 1908 OLYMPIC MARATHON AT LONDON WAS RUN.

(From the Official Prospectus.)

MARATHON RACE.

1. The Marathon race of 40 kilometers will be run on a course marked out on public roads by the Amateur Athletic Association and will finish on the running track in the Stadium, where the last one-third mile will be run (1 lap = 536 meters).

2. Each competitor must send with his entry a medical certificate of fitness to take part in the race, and must further undergo a medical examination previous to the start by the medical officer or officers appointed by the British Olympic Council.

3. A competitor must at once retire from the race if ordered to do so by a member of the medical staff appointed by the British Olympic Council to patrol the course.

4. No competitor either at the start or during the progress of the race may take or receive any drug. The breach of this rule will operate as an absolute disqualification.

5. The station of each competitor at the start will be determined by lot, and in the event of competitors being too numerous to be started on a single line, they will be started on two or more lines.

6. Each competitor shall be allowed two attendants, who shall wear on the arm the same distinctive number as the competitor.

7. The attendants shall during the progress of the race remain behind the competitor they are attending or be sufficiently in front to prevent them giving pacing assistance. Non-observance of this rule will disqualify the competitor.

8. Attendants will not be permitted at the start of the contest, but must proceed to an appointed place about five miles (8 kilometers) from the start and join their competitors as they pass. Upon arrival at the Stadium the attendants must leave the competitors and enter at a different gate. No attendant will be allowed on the track.

9. Any competitor whose attendant or attendants obstruct another competitor will be disqualified.

10. Each competitor must provide his own attendants and required refreshments.

SPALDING'S OFFICIAL ATHLETIC ALMANAC

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President Roosevelt's reception to the Olympic Athletes, Oyster Bay, August 31, 1908.

N. J. Cartmell, sprinter; C. K. Dearborn, discus thrower; Robert Cloughen, sprinter.

M. W. Sheppard, and Manager M. P. Halpin, taken after the 1500-meter race.

M. J. Sheridan, winner of the two discus-throwing events, Greek style and free style.

Martin J. Sheridan, throwing the discus, Greek style.

A. C. Gilbert, American, tied with E. C. Cook for first place in pole vault.

Wrestling Section—Two American winners: 1, G. Mehnert; 2, G. A. Dole.

Final of the 200-Meter Race—R. Kerr, Canada, winning; R. Cloughen, America, second; N. J. Cartmell, America, third; J. A. Hawkins, Great Britain, fourth.

America's Distance Runners—H. L. Trube, Fred Bellars, G. A. Dull, J. L. Eisele, G. V. Bonhag, C. L. Hall, Harvey Cohn.

Three of America's Weight Throwers—Gillin, Horr, Sheridan.

America's Relay Team, winners of the 1600-Meter World's Championship Relay Race—N. J. Cartmell, J. B. Taylor, M. W. Sheppard, W. F. Hamilton.

American starters in the Marathon race.

Final of the 110-meter hurdle race.

Swimming Section—A start in the 100-meter.

Swimming Section—Finish of the 1500-meter.

American team in the three-mile team race.

The 400-meter hurdle race.

Finish of the most remarkable race in the Olympic Games.—Sheppard winning the 1500-meter race.

Individual pictures of F. C. Irons, C. J. Bacon, M. W. Sheppard, John J. Hayes, Ray C. Ewry, C. M. Daniels, J. C. Carpenter, Ralph Rose, H. F. Porter, D. J. Kelly, E. T. Cook, John J. Flanagan, R. E. Walker of South Africa, R. Kerr of Canada.

The three most remarkable athletes on the American team and largest point scorers—R. C. Ewry, M. W. Sheppard, M. J. Sheridan.

Swimming Section—Start of the 200-meter, breast stroke.

Finish of the much-discussed 400-meter race, Carpenter winning, Halswelle, second; Robbins, third; Taylor, fourth.

Dorando in Marathon race, entering the Stadium.

Another illustration of game Dorando making a game attempt to continue.

Dorando's heroic effort to reach the tape in the Marathon race.

One of Dorando's desperate attempts to finish in the Marathon race.

Another photograph showing Dorando's effort to finish in the Marathon race.

Dorando's collapse on the track in the Marathon race.

Finish of the Marathon race, showing Dorando being assisted by J. M. Andrews, clerk of the course. Dorando was disqualified for having been assisted.

John J. Hayes, finishing in the Marathon race.

On the road in the Marathon race.

Scores of other illustrations of athletic scenes at home and abroad.

AMERICAN SPORTS PUBLISHING COMPANY
21 WARREN STREET, NEW YORK

OFFICIAL RULES FOR ALL ATHLETIC SPORTS.

The following list contains the Group and the Number of the book of Spalding's Athletic Library in which the rules wanted are contained. See front pages of book for complete list of Spalding's Athletic Library.

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A. A. U. Boxing Rules	12	311
A. A. U. Gymnastic Rules	12	311
A. A. U. Water Polo Rules	12	311
A. A. U. Wrestling Rules	12	311
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Croquet	11	138
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THE SPALDING GUARANTEES QUALITY

A. G. SPALDING & BROS. TRADE SPALDING MARK MADE IN U.S.A.

TRADE-MARK ACCEPT NO SUBSTITUTE

THE SPALDING TRADE-MARK IS PLACED UPON EVERY GENUINE SPALDING ARTICLE. ACCEPT NO SUBSTITUTE.

Spalding LONG-DISTANCE

MARATHON "Μαραθών" RUNNING SHOES

SPALDING RUNNING SHOES were worn by many of the American Team at the Olympic Games, London, and the news of the unparalleled success of the men from these shores came to us with the added knowledge that we had contributed in at least some small degree to make their victory so conclusive. We had been building for just this result for over twenty years, or since our shoes have been made in the Spalding Factory, sparing no pains or expense in our endeavor to turn out absolutely perfect athletic shoes, and when the importance of having a shoe expert on the ground with the American athletes at the Olympic Games, London, was borne to us, our expert went to give whatever aid, counsel and encouragement he could to the sterling athletes who competed for the glory of America and the Stars and Stripes.

BUILT TO WIN.

The same models as used by many of the competitors in the famous MARATHON "Μαραθών" race at the 1908 Olympic Games, London.

No. **MB.** High cut. Made with special pure gum "diamond point" rubber soles and special quality black leather uppers. Full finished inside so as not to hurt the feet in a long race. Hand sewed. This is a special shoe, **not** carried in stock, and made to order only. We cannot guarantee the soles on these shoes as they are pure gum, which, while the best and most costly material for the purpose, is not, unfortunately, the most durable. Pair, **$8.00**

No. **MO.** Low cut. Made with corrugated tap rubber sole and cushioned leather heel; special quality black leather uppers. Full finished inside so as not to hurt the feet in a long race. Hand sewed. Per pair, **$5.00**

No. **MH.** High cut. Made with corrugated tap rubber sole and cushioned leather heel; special quality black leather uppers. Full finished inside so as not to hurt the feet in a long race. Hand sewed. Pair, **$5.00**

The above represent the three styles most popular among American distance runners.

Communications addressed to **A. G. SPALDING & BROS.** in any of the following cities will receive attention

For street numbers see inside front cover of this book

New York Syracuse Buffalo Pittsburg	Boston Philadelphia Baltimore	Washington Atlanta New Orleans	London England	Edinburgh Scotland	Montreal Canada	Chicago Cincinnati Cleveland	St. Louis Detroit Denver	San Francisco Kansas City Minneapolis Seattle

Prices in effect January 5, 1909. Subject to change without notice.

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TRADE-MARK ACCEPT NO SUBSTITUTE

THE SPALDING TRADE-MARK IS PLACED UPON EVERY GENUINE SPALDING ARTICLE. ACCEPT NO SUBSTITUTE.

Combination prices will be quoted on one or more suits as specified. Striping pants down sides or around waist, 20c. per pair extra.

SPALDING BOYS' RUNNING SUITS

No. 1B SUIT

Consisting of — Retail

No. 6E Shirt.	$ .50
No. 6 Running Pants.	.35
No. K Shoes.	.75
No. VB Sweater (Gray only carried in stock).	1.25
Price, if separate articles composing outfit are purchased singly.	$2.85

Combination Price $2.40

No. 2B SUIT

Consisting of — Re

No. 6E Shirt.	$
No. 6 Running Pants.	
No. K Shoes	
No. 1 Bathrobe	2
Price, if separate articles composing outfit are purchased singly.	$4

Combination Price $3.60

No. 3B SUIT

Consisting of — Retail

No. 6E Shirt.	$ .50
No. 4 Running Pants.	.50
No. 12 Running Shoes, sizes 1 to 6, with spikes for outdoor running	2.50
No. JB Sweater (Gray only carried in stock).	1.50
Price, if separate articles composing outfit are purchased singly.	$5.00

Combination Price $4.40

No. 4B SUIT

Consisting of — Re

No. 6E Shirt.	$
No. 4 Running Pants.	
No. 114 Leather Run'g Shoes, sizes 1 to 6, rubber soles, no spikes, for indoor running.	2
No. JB Sweater (Gray only carried in stock).	1
Price, if separate articles composing outfit are purchased singly.	$5

Combination Price $4.40

No. 5B SUIT

Consisting of — Retail

No. 6E Shirt.	$ .50
No. 4 Running Pants.	.50
No. 12 Running Shoes, with spikes, for outdoor running.	2.50
No. 1 Bathrobe.	2.50
Price, if separate articles composing outfit are purchased singly.	$6.00

Combination Price $5.40

No. 6B SUIT

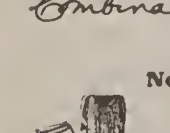
Consisting of — Re

No. 6E Shirt.	$.
No. 4 Running Pants.	
No. 114 Leather Run'g Shoes, rubber soles, no spikes; indoor use.	2.
No. 1 Bathrobe.	2.
Price, if separate articles composing outfit are purchased singly.	$6.

Combination Price $5.40

SPALDING OUTDOOR RUNNING SUITS

No. 1S SUIT

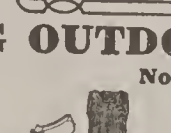


Consisting of — Retail

No. 6E Shirt, white.	$ .50
No. 4 Running Pants.	.50
No. K Shoes.	.75
Price, if separate articles composing outfit are purchased singly.	$1.75

Combination Price $1.45

No. 2S SUIT

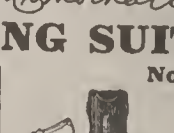


Consisting of — Retail

No. 6E Shirt, white.	$ .50
No. 4 Running Pants.	.50
No. 11 Shoes.	3.00
Price, if separate articles composing outfit are purchased singly.	$4.00

Combination Price $3.30

No. 3S SUIT



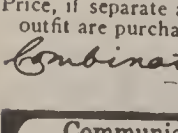
Consisting of — Ret

No. 600 Shirt.	$1.
No. 3 Running Pants.	
No. 11T Shoes.	4.
Price, if separate articles composing outfit are purchased singly.	$6.

Combination Price $5.30

SPALDING INDOOR RUNNING SUITS

No. 1D SUIT

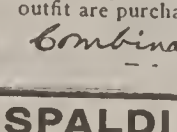


Consisting of — Retail

No. 6E Shirt, white.	$ .50
No. 4 Running Pants.	.50
No. K Shoes.	.75
Price, if separate articles composing outfit are purchased singly.	$1.75

Combination Price $1.45

No. 2D SUIT

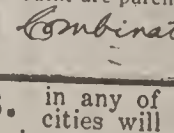


Consisting of — Retail

No. 6E Shirt, white.	$. 50
No. 3 Running Pants.	.75
No. 1 Shoes.	1.50
Price, if separate articles composing outfit are purchased singly.	$2.75

Combination Price $2.20

No. 3D SUIT



Consisting of — Reta

No. 6E Shirt, white.	$. 5
No. 4 Running Pants.	.5
No. 114 Shoes.	2.5
Price, if separate articles composing outfit are purchased singly.	$3.5

Combination Price $3.00

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Prices in effect January 5, 1909. Subject to change without notice.

THE SPALDING TRADE-MARK IS PLACED UPON EVERY GENUINE SPALDING ARTICLE. ACCEPT NO SUBSTITUTE.

Spalding Running, Jumping and Hurdling Shoes

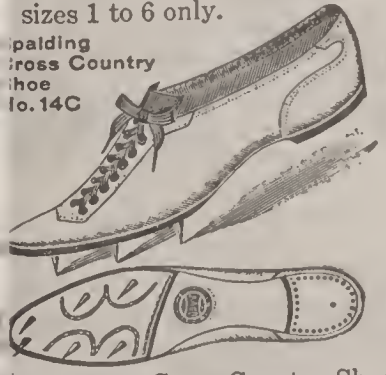
o. **2-0.** This Running Shoe is made of the finest Kangaroo leather; extremely light and glove fitting. Best English steel spikes firmly riveted on. . . Per pair, **$6.00**

o. **10.** Finest Calfskin Running Shoe; light weight, hand-made, six spikes. Per pair, **$5.00**

lo. **11T.** Calfskin Running Shoe, machine made, solid leather tap sole, holds spikes firmly in place. . Per pair, **$4.00**

lo. **11.** Calfskin Running Shoe, machine made. " **3.00**

lo. **12.** Leather Running Shoe, complete with spikes, in sizes 1 to 6 only. Per pair, **$2.50**



lo. **14C.** Cross Country Shoe, finest Kangaroo leather; low broad heel, flexible shank, hand sewed, six spikes on sole; with or without spikes on heel. . . Per pair, **$6.00**

lo. **14H.** Jumping and Hurdling Shoe; fine Kangaroo leather, hand-made, specially stiffened sole, and spikes in heel placed according to the latest ideas to assist the jumper. Pair, **$6.00**

lo. **14J.** Calfskin Jumping Shoe, partly machine-made; spikes correctly placed. . . . Per pair, **$4.50**

Indoor Running Shoes

Made With or Without Spikes

No. **111.** Fine leather, rubber tipped sole, with spikes. Per pair, **$4.00**

No. **112.** Leather shoe, special corrugated rubber tap sole, no spikes. Per pair, **$3.00**

No. **114.** Leather shoe, rubber tipped, no spikes. . . Per pair, **$2.50**

Indoor Jumping Shoes

Made with or Without Spikes

Handmade, best leather, rubber soles.

No. **210.** Per pair, **$5.00**

Spalding Special Grips

WITH ELASTIC

No. **2.** Best quality cork, elastic bands to hold on hand when starting without necessity for gripping. Pair, **20c.**

Athletic Grips

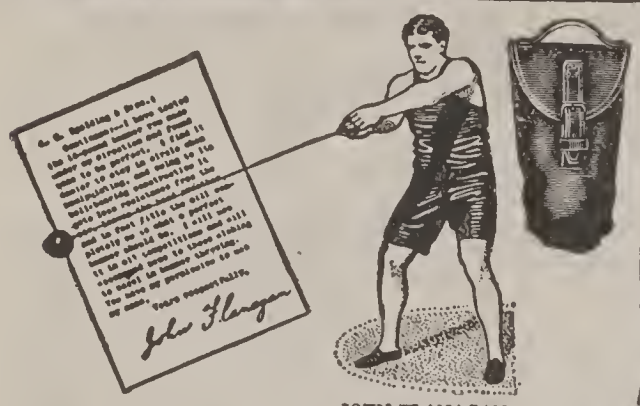
No. **1.** Made of selected cork and shaped to fit the hollow of the hand. Pair, **15c.**

Chamois Pushers

No. **5.** Fine chamois skin and used with running, walking, jumping and other athletic shoes. . . Per pair, **25c.**

Protection for Running Shoe Spikes

No. **N.** Thick wood, shaped and perforated to accommodate spikes of running shoes. A great convenience for runners. Pair, **50c.**



JOHN FLANAGAN
16-lb. Hammer Thrower.

SPALDING CHAMPIONSHIP HAMMER

With Ball Bearing Swivel

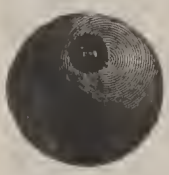
The Spalding Championship Ball Bearing Hammer originally designed by John Flanagan, has been highly endorsed only after repeated trials in championship events. The benefits of the ball bearing construction will be quickly appreciated by all hammer throwers.

Guaranteed absolutely correct in weight.

No. 12FB.	12-lb., with sole leather case.	$7.50
No. 12F.	12-lb., without sole leather case.	5.50
No. 16FB.	16-lb., with sole leather case.	7.50
No. 16F.	16-lb., without sole leather case.	5.50

Spalding Rubber Covered Indoor Shot

(Patented December 19, 1905)



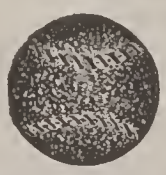
This shot is made according to scientific principles, with a rubber cover that is perfectly round; gives a fine grip, and has the proper resiliency when it comes in contact with the floor; will wear longer than the ordinary leather covered, and in addition there is no possibility that the lead dust will sift out, therefore it is always full weight.

No. P. 16-lb., $10.00 | No. Q. 12-lb., $9.00

Indoor Shot

With our improved leather cover. Does not lose weight even when used constantly.

No. 3.	12-lb.,	Each, $7.00
No. 4.	16-lb.,	" 7.50
No. 26.	8-lb.,	" 5.00



Regulation Shot, Lead and Iron

Guaranteed Correct in Weight

No. 16LS.	16-lb., lead.	Each, $3.50
No. 12LS.	12-lb., lead.	" 3.00
No. 16IS.	16-lb., iron.	" 1.75
No. 12IS.	12-lb., iron.	" 1.50
No. 8IS.	8-lb., iron.	" 1.25

New Regulation Hammer

With Wire Handle

Guaranteed Correct in weight

Lead

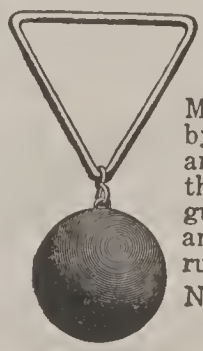
No. 12LH.	12-lb., lead, practice.	$4.50
No. 16LH.	16-lb., lead, regulation.	5.00

Iron

No. 8IH.	8-lb., iron, juvenile.	$2.50
No. 12IH.	12-lb., iron, practice.	3.50
No. 16IH.	16-lb., iron, regulation.	3.75

Extra Wire Handles

No. FH. For above hammers, improved design, large grip, heavy wire. Each, 75c.

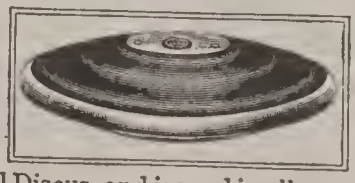


Spalding Regulation 56-lb. Weight

Made after model submitted by Champion J. S. Mitchel, and endorsed by all weight throwers. Packed in box and guaranteed correct in weight and in exact accordance with rules of A. A. U.

No. 2. Lead 56-lb. weights. Complete, $12.00

Spalding Olympic Discus



Since the introduction of Discus Throwing, which was revived at the Olympic Games, at Athens, in 1896, and which was one of the principal features at the recent games held there, the Spalding Discus has been recognized as the Official Discus, and is used in all competitions because it conforms exactly to the Official rules in every respect, and is exactly the same as used at Athens, 1906, and London, 1908. Packed in sealed box, and guaranteed absolutely correct. $5.00

Spalding Youths' Discus

Officially adopted by the Public Schools Athletic League

To satisfy the demand for a Discus that will be suitable for the use of the more youthful athletes, we have put out a special Discus smaller in size and lighter in weight than the regular Official size. The Youths' Discus is made in accordance with official specifications. Price, $4.00

THE SPALDING TRADE-MARK IS PLACED UPON EVERY GENUINE SPALDING ARTICLE. ACCEPT NO SUBSTITUTE.

Foster's Patent Safety Hurdle

frame is 2 feet 6 inches high, with a swinging wooden lle 2 feet high, the swinging joint being 6 inches from side and 18 inches from the other. With the short up it measures 2 feet 6 inches from the ground, and the long side up, 3 feet 6 inches. The hurdle can be nged from one height to the other in a few seconds, is held firmly in either position by a thumb-screw.

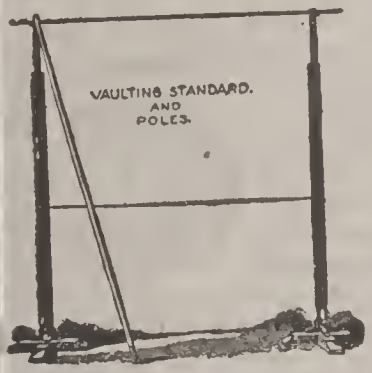
Single Hurdle, **$3.50**

Per set of Forty Hurdles, **$100.00**

Foster's Safety Hurdle at the World's Fair, St. Louis

lding Vaulting Standards

se standards are made carefully well. There is nothing flimsy it them, and the measurements clearly and correctly marked, s to avoid any misunderstanding or dispute.



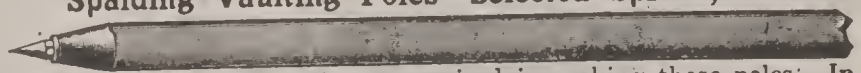
109. Wooden uprights, graduated in half inches, adjustable to 3 feet. Complete, **$15.00**

111. Wooden uprights, inch graduations, 7 feet high. Complete, **$9.00**

Cross Bars

112. Hickory. Doz., **$3.00**

Spalding Vaulting Poles—Selected Spruce, Solid



The greatest care has been exercised in making these poles. In selecting the spruce only the most perfect and thoroughly seasoned pieces have been used. All of this goes to make them what we claim they are, the only poles really fit and safe for an athlete to use.

No. **100.**	8 feet long.	Each,	**$3.00**
No. **101.**	10 feet long.	"	**4.00**
No. **102.**	12 feet long.	"	**5.00**
No. **103.**	14 feet long.	"	**6.00**
No. **104.**	16 feet long.	"	**7.00**

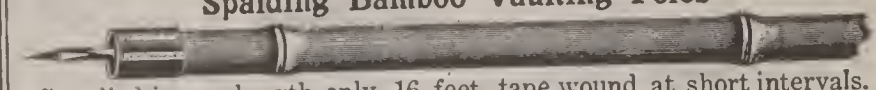
Spalding Hollow Spruce Poles

Considerably lighter than the solid poles, and the special preparation with which we fill the interior of pole greatly increases the strength and stiffness.

No. **200.**	8 feet long.	Each,	**$8.00**
No. **201.**	10 feet long.	"	**8.50**
No. **202.**	12 feet long.	"	**9.00**
No. **203.**	14 feet long.	"	**9.50**
No. **204.**	16 feet long.	"	**10.00**

We guarantee all of our wood vaulting poles, both hollow and solid, to be perfect in material and workmanship, but we do *not* guarantee against breaks while in use, as we have found in our experience that they are usually caused by improper use or abuse.

Spalding Bamboo Vaulting Poles



Supplied in one length only, 16 feet, tape wound at short intervals. Thoroughly tested before leaving our factory. Fitted with special spike. No. **B16.** Bamboo, 16 feet long. Each, **$7.00**

mpetitors' Numbers, Printed on Heavy Manila Paper or Strong Linen

		MANILA	LINEN
No. **1.**	1 to 50. Set,	$ .50	$2.50
No. **2.**	1 to 75. "	.75	3.75
No. **3.**	1 to 100. "	1.00	5.00
No. **4.**	1 to 150. "	1.50	7.50
No. **5.**	1 to 200. "	2.00	10.00
No. **6.**	1 to 250. "	2.50	12.50

For larger meets we supply Competitors' Numbers on Manila paper only in sets as follows:

No.		PER SET	No.		PER SET
7.	1 to 300.	$3.00	**16.**	1 to 1200.	$12.00
8.	1 to 400.	4.00	**17.**	1 to 1300.	13.00
9.	1 to 500.	5.00	**18.**	1 to 1400.	14.00
10.	1 to 600.	6.00	**19.**	1 to 1500.	15.00
11.	1 to 700.	7.00	**20.**	1 to 1600.	16.00
12.	1 to 800.	8.00	**21.**	1 to 1700.	17.00
13.	1 to 900.	9.00	**22.**	1 to 1800.	18.00
14.	1 to 1000.	10.00	**23.**	1 to 1900.	19.00
15.	1 to 1100.	11.00	**24.**	1 to 2000.	20.00

Spalding 7-Foot Circle

The discus, shot and weights are thrown from the 7-foot circle. Made of one-piece band iron with bolted joints. Circle painted white.

Each, **$10.00**

Spalding Take-off Board

The Take-off Board is used for the running broad jump, and is a necessary adjunct to the athletic field. Regulation size; top painted white. Each, **$3.00**

Spalding Toe Board or Stop Board

The Toe Board or Stop Board is used when putting the 16-lb. shot, throwing weights and discus, and is curved on the arc of a 7-foot circle. Toe Board, regulation size, painted white and substantially made. . . . Each, **$3.50**

Spalding Referees' Whistles

No. 1. Nickel-plated whistle, well made. Each, **25c.**

No. 2

No. **2.** Very reliable. Popular design. **25c.**

No. 1

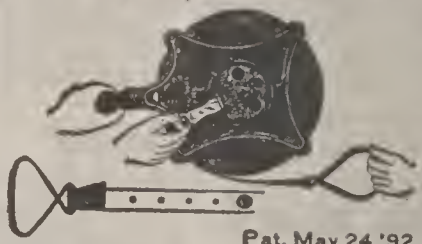
Spalding Lanes for Sprint Races

We supply in this set sufficient stakes and cord to lay out four 100-yard lanes. Stakes are made with pointed end and sufficiently strong, so that they can be driven into hard ground.

No. L. Per set, **$15.00**

Patent Steel Tape Chain on Patent Electric Reel

For Measuring Distances in Athletic Competitions

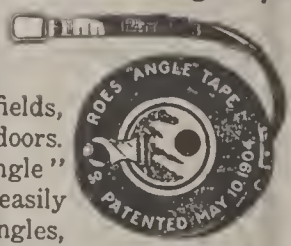


Pat. May 24,'92

Made of superior steel about ¼ inch wide. The reel allows the entire tape open to dry and can be reeled and unreeled as easily as tapes in cases. Especially adapted to lay off courses and long measurements. Accuracy guaranteed. Complete directions with every tape.

No. 1 B. 100 feet long. . . . Each, **$5.00**
No. 1 1 B. 200 feet long. . . . " **7.50**

Patent "Angle" Steel Measuring Tape



Especially adapted for laying off base ball diamonds, tennis courts and all kinds of athletic fields, both outdoors and indoors. With this patent "Angle" Tape one person can easily secure accurate right angles, yet the tape is equal to any other for straight or any kind of measuring. Steel Tape enclosed in hard leather case, flush handles, all mountings nickel-plated. Accuracy guaranteed.

No. A. 50 feet long, ⅜ in. wide. Each, **$4.00**
No. B. 100 feet long, ⅜ in. wide. " **6.75**

Spalding Stop Watch

Stem winder, nickel-plated case, porcelain dial, registered to 60 seconds by 1-5 seconds, fly back engaging and disengaging mechanism.

Each, **$7.50**

Spalding Starter's Pistol

32 caliber, two inch barrel. Patent ejecting device.

Each, **$6.00**

THE SPALDING GUARANTEES QUALITY

A. G. SPALDING & BROS. TRADE SPALDING MARK MADE IN U.S.A.

TRADE-MARK ACCEPT NO SUBSTITUTE

THE SPALDING TRADE-MARK IS PLACED UPON EVERY GENUINE SPALDING ARTICLE. ACCEPT NO SUBSTITUTE.

'OCK COLORS AND SIZES. **Worsted Goods, Best Quality.** Are knit of the purest and finest worsted yarn, and full fashioned or woven to the shape of the body and arms. They are very soft and elastic and will never lose their shape. We carry the following colors regularly in stock: Black, Navy Blue and Maroon, in stock sizes. Shirts, 26 to 44 inches chest. Tights, 28 to 42 inches waist. Other colors and sizes made to order at special prices. Estimates furnished on application.

r No. 600 Line Worsted Goods. Made of all worsted yarn. Have no raw edges and are warranted not to rip. Furnished in Navy Blue, Maroon and Black only. Stock sizes: Shirts, 26 to 44 inches chest. Tights, 28 to 42 inches waist.

itary Cotton Goods. Made of selected Sea Island cotton, knit on strictly scientific and sanitary principles, and owing to their porosity and elasticity, are peculiarly adapted for gymnasium and all athletic purposes. Colors: Bleached White, Navy, Black and Maroon. Stock sizes: Shirts, 26 to 44 inches chest. Tights, 26 to 42 inches waist.

Spalding Sleeveless Shirts

Best Worsted, full fashioned, stock colors and sizes.
No. 1E. Each, **$3.00**
Cut Worsted, stock colors and sizes.
No. **600.** Each, **$1.50**
Sanitary Cotton, stock colors and sizes.
No. 6E. Each, **50c.**

Spalding Striped Sleeveless Shirts

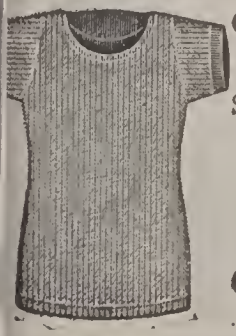
Cut Worsted, with 4-inch stripe around chest, in following combinations of colors: Navy with White stripe; Black with Orange stripe; Maroon with White stripe; Red with Black stripe; Royal Blue with White stripe; Black with Red stripe.
No. **600S.** Each, **$1.50**
Sanitary Cotton, solid color body, with 4-inch stripe around chest, in same combinations of colors as No. 600S.
No. 6ES. Each, **75c.**

Spalding Shirts with Sash

Sanitary Cotton, sleeveless, solid color body with sash of different color. Same combinations of colors as No. 600S.
No. 6ED. Each, **75c.**

Spalding Quarter Sleeve Shirts

Best Worsted, full fashioned, stock colors and sizes.
No. 1F. Each, **$3.00**
Cut Worsted, stock colors and sizes.
No. **601.** Each, **$1.50**
Sanitary Cotton, stock colors and sizes.
No. 6F. Each, **50c.**



Spalding Full Sleeve Shirts

Cotton, Flesh, White and Black.
No. 3D. Each, **$1.00**

Spalding Knee Tights

Best Worsted, full fashioned, stock colors and sizes.
No. 1B. Pair, **$3.00**
Cut Worsted, stock colors and sizes.
No. **604.** Pair, **$1.50**
Sanitary Cotton, stock colors and sizes.
No. 4B. Pair, **50c.**

Spalding Running Pants

No. **1.** White or Black Sateen, fly front, lace back. Pair, **$1.25**
No. **2.** White or Black Sateen, fly front, lace back. Pair, **$1.00**
No. **3.** White or Black Silesia, fly front, lace back. Pair, **75c.**
No. **4.** White, Black or Gray Silesia, fly front, lace back. Per pair, **50c.**
Silk Ribbon Stripes down sides of any of these running pants **25c.** per pair extra.
Silk Ribbon Stripe around waist on any of these running pants **25c.** per pair extra.

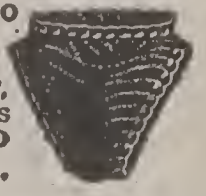
FULL TIGHTS

Spalding Full Length Tights

No. 1A. Best Worsted, full fashioned, stock colors and sizes. Pair, **$4.00**
No. **605.** Cut Worsted, stock colors and sizes. . . Pair, **$2.00**
No. **3A.** Sanitary Cotton, full quality. White, Black and Flesh. Per pair, **$1.00**

Spalding Worsted Trunks

No. **1.** Best Worsted, Black, Maroon and Navy. . Per pair, **$2.00**
No. **2.** Cut Worsted, Navy and Black. Special colors to order. Pair, **$1.00**



Spalding Velvet Trunks

No. **3.** Fine Velvet. Black, Navy, Royal Blue, Maroon. Special colors to order. . Per pair, **$1.00**
No. **4.** Sateen, Black, White. **50c.**

Communications addressed to **A. G. SPALDING & BROS.** in any of the following cities will receive attention

For street numbers see inside front cover of this book

New York, Syracuse, Buffalo, Pittsburg | Boston, Philadelphia, Baltimore | Washington, Atlanta, New Orleans | London, England | Edinburgh, Scotland | Montreal, Canada | Chicago, Cincinnati, Cleveland | St. Louis, Detroit, Denver | San Francisco, Kansas City, Minneapolis, Seattle

Prices in effect January 5, 1909. Subject to change without notice.

THE SPALDING GUARANTEES QUALITY

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TRADE-MARK ACCEPT NO SUBSTITUTE

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SPALDING TWO PIECE BATHING SUITS

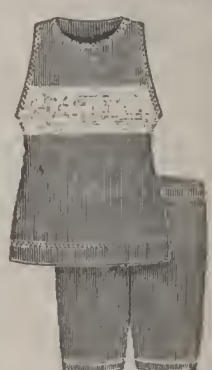
All styles furnished in sizes 28 to 44 chest measurement

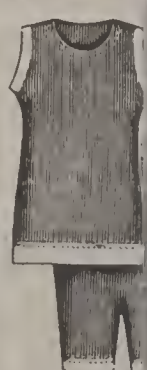
No. 606

No. 608

No. 28

No. 396


No. 395D


No. 1

No. **605.** Sleeveless, cotton, Navy Blue. Suit, **75c.**

No. **606.** Sleeveless, cotton, in Navy Blue, with either Red or White trimmings on shirt; plain pants. . . . . Per suit, **$1.00**

No. **608.** Sleeveless, finest quality cotton, trimmed pants and shirts. Colors: Navy and Red or Navy and White only. . . . . Per suit, **$1.25**

No. **28.** Quarter sleeve, cotton, fashioned with mercerized silk trimming in following colors only: Navy trimmed Red; Navy trimmed White. **$1.50**

No. **600.** Fine quality cut worsted, in plain Navy, Black or Maroon. Quarter sleeve and sleeveless style. . . . . Per suit, **$2.50**

No. **396.** Sleeveless, fine quality worsted, with plain pants, either Black or Navy Blue, and shirt striped two inches each color alternately in following combinations: Red and Black, Red and White, Navy and Red, Black and Orange, Cardinal and Gray, Royal Blue and White, Maroon and White. Per suit, **$3.00**

No. **396**B. Sleeveless, fine quality worsted, with plain pants, either Black or Navy Blue, and shirt with 4-inch stripe around body in following combinations: Navy and White, Black and Orange, Black and Red, Gray and Cardinal. . Per suit, **$3.00**

No. **195.** Sleeveless, fancy worsted, with at tive striping on shirt and pants in following co Black trimmed Red; Navy trimmed Gray; trimmed Navy; Navy trimmed White. Suit, **$3**

No. **614.** Quarter sleeve, fine quality worsted, stri on shirt and pants in following colors only: N trimmed Gray; Navy trimmed White; Gray trim Navy; Navy trimmed Red. . Per suit, **$3**

No. **196.** "V" Neck, sleeveless, fancy wors with striping on shirt and pants in following c only: Black trimmed Red; Navy trimmed Gray; trimmed Navy; Navy trimmed White. Suit, **$3**

No. **110.** Sleeveless, worsted, full fashioned, quality, in plain Navy, Black or Maroon. **$4**

No. **111.** Quarter sleeve, striped worsted, s quality as No. 110, in following colors only: Ma trimmed White; Black trimmed Orange; N trimmed White. . . . Per suit, **$5.**

No. **95.** "V" Neck, sleeveless, light weight swe yarn, solid colors; trimmings of different colo following combinations: Gray and Navy, Navy White, Black and Light Blue. Per suit, **$5.**

No. **295.** Sleeveless, extra quality fashioned sted, with attractive striping on shirt and pant following colors: Gray trimmed Navy; Navy t med Gray; Navy trimmed White. Per suit, **$5.**

No. 614

No. 196

No. 110

No. 111

No. 95

No. 29

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New York	Boston	Washington	London	Edinburgh	Montreal	Chicago	St. Louis	San Franci
Syracuse	Philadelphia	Atlanta	England	Scotland	Canada	Cincinnati	Detroit	Kansas Ci
Butlalo	Baltimore	New Orleans				Cleveland	Denver	Minneapoli
Pittsburg								Seattle

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Spalding Patent Combination Swimming Suit

Best quality worsted. Furnished in Navy Blue or Gray only, with White canvas belt. Shirt fastens to trunks at each side, making a tight fitting, neat combination. Arm holes extra large. Shirt has combination supporter. Pants have small change purse inside. A thoroughly up-to-date and comfortable swimming suit.

No. 3R. Per suit, $5.00

Flannel Bathing Knee Pants

No. F. Good quality gray or navy flannel knee pants; fly front; belt loops. Loose fitting and just the thing for those who dislike bathing tights. Per pair, $2.00

Spalding Worsted Bathing Trunks

No. 1. Worsted, full fashioned, best quality, in Navy, Black, White and Maroon. Each, $2.00

No. 2. Cut worsted, in Navy and Black. Each, $1.00

Spalding Cotton Bathing Trunks

No. 601

No. 601. Navy Blue; Red or White stripes. Each, 50c.

No. 602. Solid Navy Blue. Each, 35c.

No. 603. Fancy stripes. Each, 25c.

Expert Racing and Swimming Suits

Mercerized cotton, Navy Blue, silky finish, and sheds water readily; buttons over shoulders. No. 2R. Suit, $2.00

Cotton, Navy Blue, light in weight, snug fitting. Buttons over shoulders. No. 1R. Per suit, $1.00

No. 2R

Spalding One-Piece Bathing Suits

No. 743

No. 743. Men's sizes, 32 to 44 in. chest; fancy stripes; button in front. Per suit, 75c.

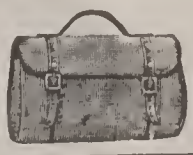
No. 521 B. Boys' sizes, 24 to 32 in. chest; fancy stripes; button in front. Per suit, 50c.

No. 50. Sleeveless cotton bathing suit, solid Navy Blue; button at shoulders. Suit, 75c.

Spalding Bathing Slippers

No. 13. White canvas. With soles to give absolute protection to the feet. Any size. Per pair, 50c.

No. 13



Spalding Waterproof Canvas Bag

No. 1. Made of canvas, lined with rubber and thoroughly waterproof. Each, $1.00

Spalding "Perfect" Bathing and Swimming Jackets

Showing Trunks Buttoned to "Perfect" Vest. No possibility of slipping.

Made of a fine quality air-tight rubber fabric, the front and rear sections being inflated separately, making jacket particularly valuable as a life preserver, the air in even one section being sufficient to keep a person afloat. Can be attached to trunks or skirt of an ordinary bathing suit, and when shirt or waist is put on over the jacket it is not apparent from the outside. When not in use can be rolled into a very small package.

No. 0W. Women's, three sizes. $7.50 *Bust measurement 32 to 34, 36 to 38, 40 to 42.*

No. 2M. Men's, two sizes. $7.50 *Chest measurement 32 to 36, 38 to 42.*

No. 3C. Children's, two sizes. Each, $6.50 *Small 4 to 10 years. Large (Youths' and Misses') 10 to 16 years. Special sizes to order.*

Showing Tights and Skirts Buttoned to Waist. Can be worn without detection.

Spalding Cork Swimming Jackets and Collars

These jackets and collars are covered with a close woven waterproof canvas and stuffed with ground cork.

No. 1. Jacket for Adults, weight 2¼ lbs. Each, $2.00 | No. 2. Jacket for Children, weight 1½ lbs. Each, $1.75

No. 3. Collars for Adults or Children. Each $1.00

Ayvad's Water Wings No. 1. Plain white. Each, 25c. | No. 2. Variegated Colors. Each, 35c.

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Spalding "Highest Quality" Sweaters

Colors: White, Navy Blue, Black, Gray, Maroon and Cardinal. Other colors to order. Prices on application. All made with 9-inch collars; sizes, 28 to 44 inches.

We allow four inches for stretch in all our sweaters, and sizes are marked accordingly. It is suggested, however, that for very heavy men a size about two inches larger than coat measurement be ordered to insure a comfortable fit.

WORSTED SWEATERS. Made of special quality wool, and exceedingly soft and pleasant to wear. They are full fashioned to body and arms and put together by hand, not simply stitched up on a machine as are the majority of garments sold as regular made goods. The various grades in our "Highest Quality" Sweaters are identical in quality and finish, the difference in price being due entirely to variations in weight. Our No. AA Sweaters are considerably heavier than the heaviest sweaters ever knitted and cannot be furnished by any other maker, as we have exclusive control of this special weight.

No. **AA.** The proper style for use after heavy exercise, inducing copious perspiration for reducing weight or getting into condition for athletic contests. Particularly suitable for Foot Ball and Skating. Heaviest sweater made. . . Each, **$8.00**

No. **A.** "Intercollegiate," special weight. **6.00**

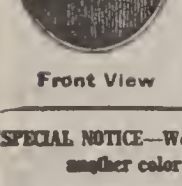
No. **B.** Heavy weight. Each, **$5.00**

Spalding Shaker Sweater

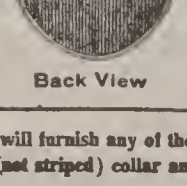
We introduced this wool sweater to fill a demand for as heavy a weight as our "Highest Quality" grade, but at a lower price, and after much experimenting, we are in a position to offer it in the following colors only: Black, Navy Blue, Maroon, Gray or White. Sizes 30 to 44 inches.

No. **3.** Standard weight, slightly lighter than No. B. . . Each, **$3.50**

No. 3



Front View



Back View

Spalding Combined Knitted Muffler and Chest Protector

No. **M.** Made of special weight, highest quality worsted in solid colors. Gray, Dark Brown Mixture, and Sage Gray to match our sweaters.

Each, **$1.00**

SPECIAL NOTICE—We will furnish any of the above solid color sweaters with one color body and another color (not striped) collar and cuffs in stock colors only at no extra charge.

SPALDING

Automobile

SWEATER

No. **WJ.** Most satisfactory an comfortable style for automobilists also useful for training purposes reducing weight, tramping durin cold weather, golfing, shootin tobogganing, snowshoeing; in fact, for every purpose where a garment is required to give protection from cold or inclement weather. Made with a high collar that may be turned down, changing into the neatest form of a butto front sweater. Gray only; in highes quality special heavy weight wor ted. Size, 28 to 44 in. Each, **$7.5**

Spalding Jacket Sweaters

Sizes 28 to 44 inch chest measurement. We allow four inches for stretch in all our sweaters, and sizes are marked accordingly. It is suggested, however, that for very heavy men a size about two inches larger than coat measurement be ordered to insure a comfortable fit.

No. VG. Showing special trimmed edging and cuffs supplied, if desired on jacket sweaters at no extra charge.

No. VGP

Button Front

No. **VG.** Best quality worsted, heavy weight, pearl buttons. Made in Gray, White and Dark Brown Mixture only.
Each, **$6.00**

No. **DJ.** Fine worsted, standard weight, pearl buttons, fine knit edging. Made in Gray, White and Sage Gray only.
Each, **$5.00**

No. **3J.** Standard weight wool, shaker knit, pearl buttons. In Gray or White only.
Each, **$4.50**

With Pockets

No. **VGP.** Best quality worsted, heavy weight, pearl buttons. Made up in Gray or White only. Made with pocket on either side and a particularly convenient and popular style for golf players.
Each, **$7.00**

Spalding Vest Collar Sweaters

No. **BG.** Best quality worsted, good weight. Gray or White only, with extreme open or low neck. Each, **$5.50**

Boys' Jacket Sweater

No. **3JB.** This is an all wool jacket sweater, with pearl buttons; furnished in Gray only, and sizes from 30 to 36 inch chest measurement. Each, **$3.00**

SPECIAL NOTICE—We will furnish any of the above solid color sweaters with one color body and another color (not striped) collar and cuffs in stock colors only at no extra charge. This does not apply to the No. 3JB Boys' Sweater

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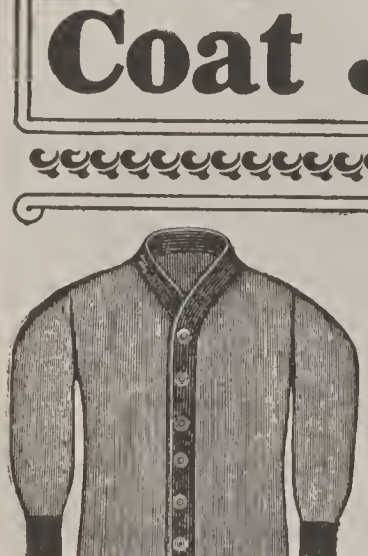
Spalding Coat Jerseys

Following sizes carried in stock regularly in all qualities: **28 to 44 inch chest.** *Other sizes at an advanced price.* ¶ *We allow two inches for stretch in all our Jerseys, and sizes are marked accordingly. It is suggested, however, that for very heavy men a size about two inches larger than coat measurement be ordered to insure a comfortable fit.* ¶ *Any other combinations of colors or different width trimming or stripe to order only and at advanced price. Quotations on application.*



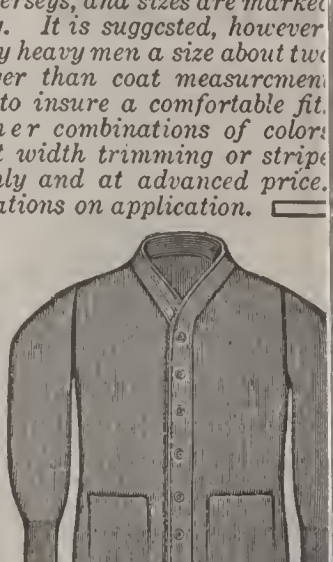
Nos. 10C and 12C

The Spalding Coat Jerseys are made of the same worsted yarn from which we manufacture our better grade Jerseys, Nos. 10P and 12P, and no pains have been spared to turn them out in a well made and attractive manner. Colors: Solid Gray; Gray trimmed Navy; Gray trimmed Cardinal; Gray trimmed Dark Green. Pearl buttons.

No. 10C. Same grade as our No. 10P. **$3.50**

No. 12C. Same grade as our No. 12P. **3.00**

No. 10CP. Pockets, otherwise same as No. 10C. Each, **$4.00**



No. 10CP

Spalding Striped and V-Neck Jerseys

No. 10PW. Good quality worsted, same grade as No. 10P. Solid color sleeves, 6-inch stripe around body. Colors: Black and Orange; Navy and White; Black and Red; Gray and Cardinal; Gray and Royal Blue; Royal Blue and White; Columbia Blue and White; Scarlet and White; Black and Royal Blue; Navy and Cardinal; Maroon and White. Second color mentioned is for body stripe. **$3.25**

Nos. 10PW and 12PW

No. 12PW. Worsted, with solid color sleeves and 6-in. stripe around body. Colors, same as No. 10PW. **$2.75**

No. 10PX. Good quality worsted, fashioned; solid color body, with alternate striped sleeves, usually two inches of same color as body, with narrow stripe of any desired color. Combinations of colors as No. 10PW. **$3.25**

Nos. 10PX and 12PX

No. 12PV

No. 12PV. Worsted, solid colors, H V-neck instead of full collar as regular Jerseys. Colors: Navy Blu Black, Maroon and Gray.

Each, **$2.7**

No. 12PX. Worsted, solid color bod with alternate striped sleeves. Sa arrangement and assortment colors as No. 10PW. Each. **$2.7**

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New York Syracuse Buffalo Pittsburg	Boston Philadelphia Baltimore	Washington Atlanta New Orleans	London England	Edinburgh Scotland	Montreal Canada	Chicago Cincinnati Cleveland	St. Louis Detroit Denver	San Francisco Kansas City Minneapolis Seattle

Prices in effect January 5, 1909. Subject to change without notice.

THE SPALDING GUARANTEES QUALITY

A. G. SPALDING & BROS. TRADE SPALDING MARK MADE IN U.S.A. REG. U.S. PAT. OFF.

TRADE-MARK ACCEPT NO SUBSTITUTE

THE SPALDING TRADE-MARK IS PLACED UPON EVERY GENUINE SPALDING ARTICLE. ACCEPT NO SUBSTITUTE.

Spalding New and Improved Jerseys

Following sizes carried in stock regularly in all qualities: 28 to 44 inch chest.
Other sizes at an advanced price.

We allow two inches for stretch in all our Jerseys, and sizes are marked accordingly. It is suggested, however, that for very heavy men a size about two inches larger than coat measurement be ordered to insure a comfortable fit.

Nos. 1P, 10P, 12P

No. 1P. Full regular made; that is, fashioned or knit to exact shape on the machine and then put together by hand, altogether different from cutting them out of a piece of material and sewing them up on a machine as are the majority of garments known as Jerseys. Made of special quality worsted. Solid colors: Navy Blue, Black, Maroon and Gray. . . . . Each, **$4.00**

No. 10P. Solid colors, worsted, fashioned; same colors as No. 1P. . . . . Each, **$3.00**

No. 12P. Worsted; colors as No. 1P. . . . " **2.50**

No. 12PB. Boys' Jersey. Worsted same quality as No. 12P, but in sizes 26 to 36 inches chest measurement only. Colors: Black, Navy Blue, Gray or Maroon; no special orders. . . . . Each, **$2.00**

No. 6. Cotton, good quality, fashioned, roll collar and full length sleeves. Colors: Black, Navy Blue, Gray and Maroon only. . . . . Each, **$1.00**

No. 6X. Cotton, same as No. 6, but with striped sleeves in following combinations only: Navy with White or Red stripe; Black with Orange or Red stripe; Maroon with White stripe. . . . . Each, **$1.25**

Special Notice

We will furnish any of the above solid color Jerseys, except Nos. 6 and 6X, with one color body and another color (not striped) collar and cuffs in stock colors only at no extra charge.

WOVEN LETTERS, NUMERALS OR DESIGNS

We weave into our best grade Jerseys, No. 1P, Letters, Numerals and Designs in special colors as desired. Prices quoted on application. Designs submitted.

Communications addressed to **A. G. SPALDING & BROS.** in any of the following cities will receive attention

For street numbers see inside front cover of this book

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THE SPALDING TRADE-MARK
GUARANTEES QUALITY
ACCEPT NO SUBSTITUTE

SPALDING'S
1909
COMPLETE LINE
BASE BALLS
SPALDING No. 0 Double Seam League Ball
SPALDING No. 1 Official National League
SPALDING No. 81 Official Nat. League Jr.
SPALDING No. 82 National Association Jr.
SPALDING No. 14 City League
SPALDING No. 2 Professional
SPALDING No. 83 Public School League
SPALDING No. 5 King of the Diamond
SPALDING No. 7B Junior Professional
SPALDING No. 10 Lively Bounder
SPALDING No. 12 Boys' Favorite
SPALDING No. 13 Rocket
SPALDING No. 11 Boys' Amateur
SPALDING OFFICIAL NATIONAL LEAGUE No. 1
BEWARE OF COUNTERFEITS
The National League
THE OFFICIAL BALL OF THE GAME SINCE ITS ADOPTION BY THE NATIONAL LEAGUE IN 1876
SPALDING OFFICIAL NAT. LEAGUE JR. No. 81
SPALDING NATIONAL ASSOCIATION Jr. No. 82
A. G. SPALDING & BROS. ESTABLISHED 1876
SPALDING'S OFFICIAL BASE BALL GUIDE
SPALDING'S OFFICIAL BASE BALL RECORD

Communications addressed to

A. G. SPALDING & BROS.

London England — Edinburgh Scotland

in any of the following cities will receive attention

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Syracuse	Cleveland	Baltimore	Atlanta	Seattle	Minneapolis	Montreal, Can.

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THE SPALDING TRADE-MARK
GUARANTEES QUALITY — ACCEPT NO SUBSTITUTE

REG. U. S. PAT. OFF.

SPALDING OFFICIAL NATIONAL LEAGUE BALL

The Official Ball of the game for over 30 years. Adopted by the National League in 1878 and the only ball used in championship games since that time. No. **1.** Each, **$1.25** Per dozen, **$15.00**

SPALDING OFFICIAL NATIONAL LEAGUE JUNIOR

In every respect same as our Official National League Ball No. 1, except slightly smaller in size. Especially designed for junior clubs (composed of boys under 16 years of age) and all games in which this ball is used will be recognized as legal games. No. **B1.** Each, **$1.00**

Spalding National Association Ball

No. **NA.** Made in exact accordance with the rules governing the National and American Leagues and all clubs under the National Agreement. Ea., **$1.00.** Doz., **$12.00**

Spalding National Association Jr.

No. **B2.** In every respect same as our National Association Ball No. NA, except slightly smaller in size. . . . . Each, **75c.**

Spalding Public School League

No. **B3.** A well made junior size ball. Splendid for general practice by boys' teams. Each, **50c.**

Spalding King of the Diamond

No. **5.** Full size, of good material, horsehide cover. . . Each, **25c.**

Spalding Junior Professional

No. **7B.** Slightly under regular size, horsehide cover and very lively. . . . . Each, **25c.**

Spalding Boys' Amateur Ball

No. **11.** Nearly regulation size and weight, the best ball for the money on the market; one dozen balls in a box. . . . Each, **10c.**

Spalding Double Seam League Ball

No. **0.** Made with same care and of same material as our Official National League Ball. The double seam is used in its construction, rendering it doubly secure against ripping. Each, **$1.50** Doz., **$18.00**

Spalding City League

No. **L4.** Full size and weight. Very well made and excellent for general practice. Ea., **75c.** Doz., **$9.00**

Spalding Professional

No. **2.** Full size ball. Made of carefully selected material and first-class quality. . . . Each, **50c.**

Spalding Lively Bounder

No. **10.** Horsehide cover; the inside is all rubber, making it the liveliest ball ever offered at the price. . . . . Each, **25c.**

Spalding Boys' Favorite

No. **12.** A good boys' lively ball; two-piece cover. Packed one dozen balls in a box. Each, **10c.**

Spalding Rocket Ball

No. **13.** A good bounding ball; boys' size. One dozen balls in a box. . . . . Each, **5c.**

Communications addressed to

London England — **A. G. SPALDING & BROS.** — Edinburgh Scotland

in any of the following cities will receive attention

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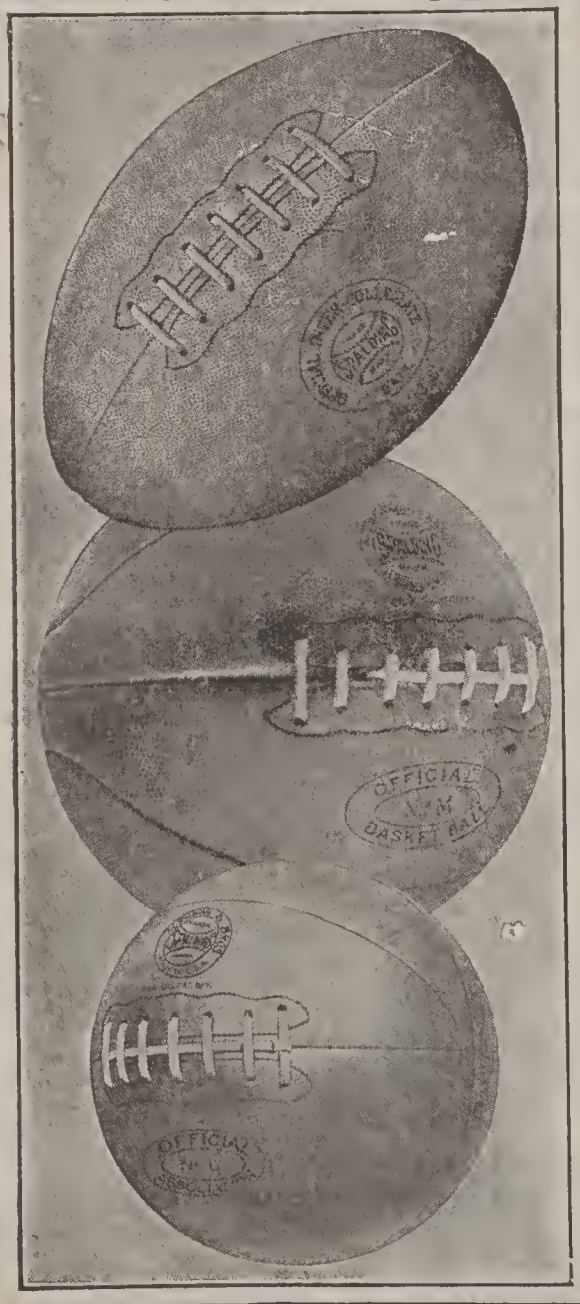

The Spalding Official Intercollegiate Foot Ball

No. **J5.** This is the **only** Official Rugby Foot Ball, and is used in every important match played in America. Guaranteed absolutely if seal of box is unbroken. We pack, with leather case and pure Para rubber bladder, an inflater, lacing needle and rawhide lace. Complete, **$5.00**

The Spalding Official Basket Ball

No. **M.** Officially adopted and standard. The cover is made in four sections, with capless ends and of the finest and most carefully selected pebble grain English leather. We take the entire output of this high grade of leather from the English tanners, and in the Official Basket Ball use the choicest parts of each hide. The bladder is made specially for this ball of extra quality Para rubber. Each ball packed complete in sealed box. Complete, **$6.00**

The Spalding Official Association Foot Ball

No. **L.** The case is constructed in four sections with capless ends, neat in appearance and very serviceable. Material and workmanship of highest quality and fully guaranteed. Each ball is packed complete in sealed box, with pure Para rubber guaranteed bladder, foot ball inflater, rawhide lace and lacing needle. Contents guaranteed if seal is unbroken. Complete, **$5.00**

Communications addressed to

Montreal Canada — **A. G. SPALDING & BROS.** — **London England**

in any of the following cities will receive attention

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Buffalo	Pittsburg	Washington	Cleveland	Kansas City	Denver
Syracuse	Baltimore	New Orleans	Detroit	St. Louis	Minneapolis

Prices in effect July 6, 1908. Subject to change without notice.

THE following index from Spalding's latest Catalogues will give an idea of the great variety of Athletic Goods manufactured by A. G. Spalding & Bros.

Ankle Brace, Skate
Archery
Ash Bars
Athletic Library
Attachments, Chest Weight

Bags, Bathing Suit
Bags, Caddy
Bags, Cricket
Bags, Uniform
Balls, Base
Balls, Basket
Ball Cleaner, Golf
Balls, Cricket
Balls, Golf
Balls, Playground
Balls, Squash
Balls, Tennis
Bandages, Elastic
Bar Bells
Bar Stalls
Bars, Parallel
Bases, Base Ball
Bases, Indoor
Basket Ball Wear
Bathing Suits
Bats, Base Ball
Bats, Cricket
Bats, Indoor
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Bladders, Basket Ball
Bladders, Foot Ball
Bladders, Striking Bags
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Caps, Skull
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Exerciser, Home
Exhibition Clubs

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Flags, Marking
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Foot Balls, Association
Foot Balls, Rugby
Foot Ball Goal Nets
Foot Ball Timer
Foul Flags

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Gloves, Fencing
Gloves, Golf
Gloves, Handball
Gloves, Hockey
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Gymnasium Board, Home

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Standards, Volley Ball
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Striking Bags
Studs, Golf
Stumps and Bails
Suits, Union, Foot Ball
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Supporters, Ankle
Supporters, Wrist
Suspensories
Sweaters
Swimming Suits
Swivel Striking Bags
Swords, Fencing
Swords, Duelling

Tackling Machine
Take off Board
Tapes, Adhesive
Tapes, Marking
Tapes, Measuring
Tees, Golf
Tennis Posts
Tether Tennis
Tights
Toboggans
Toboggan Cushions
Toboggan Toe Caps
Toe Boards
Toques
Trapeze, Adjustable
Trapeze, Single
Trousers, Y. M. C. A.
Trunks, Bathing
Trunks, Velvet
Trunks, Worsted

Umpire Indicator
Uniforms, Base Ball

Varnish for Gut
Volley Balls

Water Polo Ball
Wands, Calisthenic
Watches, Stop
Water Wings
Weights, 56-lb.
Whistles, Referees'
Whitely Exerciser
Wrist Machine

THE SPALDING TRADE-MARK

PROTECTS THE CONSUMER AND PREVENTS FRAUDULENT SUBSTITUTION

The Nondescript Manufacturer says to the Dealer:

"Why pay 15 to 20 per cent. more for Spalding Trade Marked Athletic Goods, when **I** am prepared to furnish **you** "Just as good" articles for so much less price?"

A. G. SPALDING & BROS. TRADE SPALDING MARK MADE IN U. S. A. REG. U. S. PAT. OFF.

The Substitute Dealer says to the Consumer:

"We are just out of the Spalding article asked for, but here is something "Just as good" at 25 per cent. less price."

Spalding Cautions the Consumer

to make proper allowances for these "JUST AS GOOD" manufacturers and substitute-dealers' statements, but **see to it that the Spalding Trade-Mark is on, or attached, to each Spalding Athletic article, for without this Trade-Mark they are not genuine Spalding Goods.**

We are prompted to issue this Caution to users of Spalding's Athletic Goods, for the reason that many defective articles made and sold by these "Just as Good" manufacturers and dealers are returned to us as defective and unsatisfactory, and which the consumer, who has been thus deceived, has asked us to repair or replace under our broad Guarantee, which reads as follows:

We Guarantee to each purchaser of an article bearing the Spalding Trade-Mark that such article will give satisfaction and a reasonable amount of service, when used for the purpose for which it was intended and under ordinary conditions and fair treatment.

We Agree to repair or replace free of charge any such article which proves defective in material or workmanship: PROVIDED such defective article is returned to us, transportation prepaid, during the season in which it was purchased, accompanied by the name, address and a letter from the user explaining the claim.

A. G. Spalding & Bros

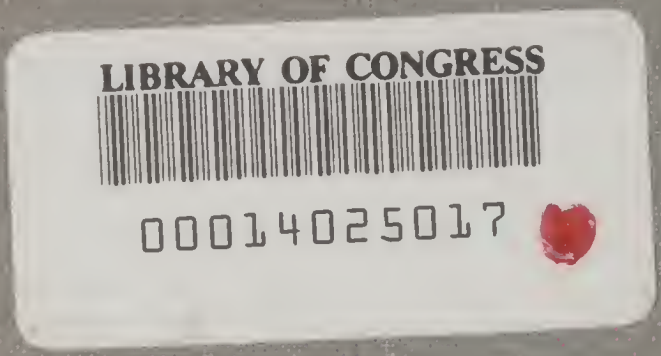
Beware of the "Just as Good" manufacturer, who makes "appearance" first and "*Quality*" secondary, in order to deceive the dealer; and beware of the substitute-dealer, who completes the fraud by offering the consumer the "Just as Good" article when Spalding's Goods are asked for.

THE SPALDING TRADE-MARK

PROTECTS THE CONSUMER AND PREVENTS FRAUDULENT SUBSTITUTION

H34 85

HECKMAN
BINDERY INC.
JAN 85
N. MANCHESTER,
INDIANA 46962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